

SPRING/SUMMER 2012

SHOREVIEWS

Shoreview City Newsletter, Community Center News and Parks & Recreation Catalog





City Hall	651.490.4600
Community Center	651.490.4700
Parks and Recreation	651.490.4750
Building Permits	651.490.4690
Code Enforcement	651.490.4687
Forestry	651.490.4650
Human Resources	651.490.4619
Planning and Zoning	651.490.4680
Recycling	651.490.4650
Sewer & Water Maint/Svcs	651.490.4661
Streets	651.490.4671
Utility Billing	651.490.4630

Police

Police protection is provided by the Ramsey County Sheriff's Department. The District Office is located at 1411 Paul Kirkwood Drive, Arden Hills, MN 55112.

For non-emergencies call 651.484.3366

For emergencies call 911

Fire

Fire protection is provided by the Lake Johanna Fire Department.

For emergencies call 911 Dispatch

Non-emergency 651.767.0640

City Officials

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sandymartin444@gmail.com

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Terry Schwerm, City Manager

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Access Shoreview

Sign up to receive our online newsletter that is sent after each City Council Meeting with City news and events. Visit the City's website at www.shoreviewmn.gov

Coming Soon to Shoreview!

New Development Projects Underway Will Bring Added Senior Housing and Dining Choices to Community

Despite the lagging national and regional economic climate, the City of Shoreview has two new housing and economic development projects currently underway that will provide the community with more senior housing options, added retail services and dining choices, and bolster the local economy with new job opportunities and added tax base. With the support of the City Council and Economic Development Authority, ground broke at the start of 2012 on the construction of a new 105-unit mixed-care senior housing facility called *Shoreview Senior Living* as well as a new retail center on Red Fox Road and Lexington Avenue just north of the Super Target store.



Shoreview Senior Living.

Summaries of both exciting development projects can be found on page 5.



Red Fox Retail: Tenants Announced to date include Chipotle, Leeann Chin and Sport Clips

2012 State of the City

2011 C.C. Ludwig Award Recipient, Mayor Sandy Martin



As we begin this new year, we can all take a great deal of pride in our City's many accomplishments and continue to look forward to Shoreview's bright future. We appreciate the high quality of life that is characteristic of Shoreview – great schools, a tremendous parks and trails system, a low crime rate, numerous lakes and open space areas, outstanding public services, a strong and supportive business community, and our highly recognized Community Center that provides something for everyone in the City. Achieving this high quality of life is the result of having a vision, setting goals, and a great deal of hard work on the part of individuals and community groups.

One of the buzzwords that you continue to hear in government circles is the “new normal”. This “new normal” is characterized as a time of slower economic growth, higher energy costs, slumping housing market, increased health care costs, and an aging and more diverse population. All levels of government have been challenged by these conditions and there are many seminars on how cities should “navigate the new normal”. These sessions will often focus on developing new ways of thinking about government services, finding more effective ways to deliver services, adapting services to deal with a changing population, and encouraging collaboration with other governmental entities.

I am pleased to report that, in a very real sense, Shoreview has been “navigating the new normal” for decades. Whether it's contracting for police and fire services at a much lower cost than most cities, modifying our employee health insurance program to a high deductible plan to save both the City and our employees' money, or finding a better method to resurface roads, Shoreview has been a leader in cost effective local

government. In fact, the City portion of homeowner's property tax bills continues to be in the lowest 20% of 29 comparable cities in the

Shoreview continues to maintain a AAA Bond Rating from Standard & Poor's.

metropolitan area. As a Council, we are extremely proud that we can continue to provide a “quality of life” that is among the highest in the metropolitan area at such an affordable cost to our residents.

Financial Condition

As a result of our strong financial planning efforts and a solid tax base, Shoreview continues to be in excellent financial condition. This resulted in the City's AAA bond rating from Standard & Poor's. This is the highest bond rating available and was achieved as a result of sound financial management policies and practices, low debt levels, solid income levels of our residents and the expansion of our commercial/industrial tax base.

The City Council is also working hard to limit the growth in property taxes. The City's tax levy for 2012 decreased by about .5%. As noted earlier, the City share of a median value homeowner's property tax bill is significantly lower at \$765 than comparable cities where the average tax is \$980. The largest increases in the City's budget have been for public safety (police and fire) services and capital replacement funds for streets, buildings and other City assets.



Beginning in April 2012, the Lake Johanna Fire Department will expand their duty crew program to provide better service to the City of Shoreview.

The Lake Johanna Fire Department is in the process of implementing a new service model to better serve our community. They are now staffing stations with paid on-call firefighters to improve response time to both fire and medical emergencies. Currently, stations are staffed during all weekday daytime hours, Friday and Saturday evenings, and weekday evenings until 9 pm. In April 2012, weekday evening hours will be expanded to 11 pm and stations will also be staffed on Saturdays from 8 am – 5 pm. Although this model is more costly in the short run, the Fire Department leadership believes it is more sustainable and will help maintain a more cost effective paid on-call department for many years into the future. During 2012, we also plan to transition our animal control services from a contract provider to the Ramsey County Sheriff's Department.

**STANDARD
& POOR'S**

AA+

2012 State of the City *cont.*

Economic Development

Although economic development and redevelopment has been slowed the past few years by the struggling economy, we are encouraged by some recent development activity that will be occurring over the next few years.

Earlier this year, Wells Fargo completed a \$20 million dollar addition to their data center building in the Rice Creek Corporate Park. Also, Cummins Power Generation is nearing completion of interior renovations at their new corporate headquarters, located at I-694 and Victoria Street. It is anticipated that more than 800 employees will be relocated to this site within the next few months.

One of the things we learned from our community survey is that residents would like more dining and restaurants in Shoreview. It is gratifying to report that the Stonehenge Retail Center will be constructed just south of I-694 and east of Lexington. This new retail center, which is part of a larger development plan for the site, will feature both Chipotle and LeeAnn Chin restaurants. The developer expects to announce other tenants, which may include another restaurant, for this retail center in the next several weeks.

We are looking forward to the planned construction of The Cascades, a 105-unit senior housing development on Hodgson Road just north of Highway 96. This senior housing project will provide a variety of housing types, including 30 independent living units, 43 assisted living units, and 32 memory care units, which greatly expands options for seniors who would like to remain in Shoreview. Completion is expected in 2013.

In addition, the City was recently awarded a \$655,000 grant from the Metropolitan Council to assist in the redevelopment of the Midland Terrace apartments located on Victoria Street just south of County Road E. This redevelopment project will include the removal of the older retail center, relocation of Owasso Street to align with County Road E and construction of a more contemporary market rate apartment building. The roadway realignment and preliminary work on the project is expected to occur in 2012, while the construction of the new apartment building is expected to begin in 2013.

Maintaining Quality Neighborhoods

The City Council, along with the Economic Development Authority, has continued to focus on maintaining and encouraging reinvestment in our many quality residential neighborhoods. A year ago, we created the Shoreview Home Energy Improvement Loan Program. As part of this program, residents can obtain loans for energy related home improvements including windows, siding, mechanical



The Shoreview Home Energy Improvement Loan Program, created one year ago, has provided 10 loans to-date.

systems, etc. To date, this new fund has provided 10 loans to Shoreview homeowners.

Based on our community survey, we know that our residents are increasingly concerned about the appearance of yards and homes in their neighborhoods. Our City staff is continuing to respond to code complaints, and is also conducting pro-active code enforcement through the SHINE program. Our Community Development staff also license and inspect all rental properties on a regular basis to insure that they are complying with our housing maintenance code; and they also monitor blighted and foreclosed properties.

Community Center, Parks and Trails

The Shoreview Community Center continues to be the most popular attraction in Shoreview. When the Community Center opened in 1990, its goal was to serve as the social, cultural and recreational gathering place for the community. As a member of the design task force that helped plan the building in the late 1980's, I can proudly say that the Community Center has not only met this goal, but greatly exceeded all expectations. More than half a million customers visit the Community Center each year. However, when attractions like the Tropics Indoor



For Family Fun and Adventure: Shoreview Community Center is the Place to Be.

Water Park, Tropical Adventure Indoor Playground, and a state-of-the-art fitness center are combined with affordable daily admission and membership rates, it should not be surprising that the Community Center continues to be the best place in the Twin Cities for family fun and fitness. For residents who are interested in better health and wellness in the coming year, I encourage you to consider a membership at your very own Community Center. State of the art exercise equipment, classes, and personal trainers are there to assist you with your goals.

The City's Park and Recreation staff does an outstanding job planning a variety of recreation programs, as well as special events and activities at the Community Center. In 2012, we look forward to a return of the extremely popular Farmers' Market that runs from mid-June through October. The always popular Concert in the Commons summer music series will also be back on Wednesday evenings this summer. Many families also enjoy the Friday Night Outdoor Flicks and the Dive-In movies at the Community Center.

Our largest and most popular community event, the Slice of Shoreview, will be held from July 27-29 at Island Lake County Park. The theme for this year's event will be announced at the Taste of Slice event that will be held on February 23 at the Community Center. Through the hard work of our Sister City Association and the Shoreview Northern Lights Band, we will be hosting a visit from the Musikcorps Band from Einhausen, Germany. Thirty-nine band and family members will be enjoying a visit to Shoreview and the performance of a joint concert.

Our City park system continues to be well utilized by residents and various youth athletic associations, however, it is starting to reach an age where several of the parks need some updating and improvements. About two years ago, the City completed a significant renovation of Sitzer Park, one of the oldest parks in the City's system. During 2012, we anticipate making improvements to both Bucher and Wilson parks. Bucher Park is scheduled for

some major updates including new playground equipment. At Wilson Park, the playground area is expected to be replaced and relocated, the hockey rink will be relocated, and a picnic shelter will be constructed. These improvements at Wilson Park are consistent with a Master Plan update that was completed in the mid-2000's.

The City's trail and sidewalk system is our most widely used recreational resource in the City. According to our community survey, nearly 50% of Shoreview residents use the trail system on a weekly basis. During 2011, Ramsey County paved the crushed limestone trail through the Grass Lake Open Space area making it far easier to navigate on bicycle or rollerblades. Our Bikeways and Trails Committee and our City staff continue to look for opportunities to expand the trail system as part of various road or park improvement projects that are scheduled in the City.



Shoreview Maintenance Center is only the fifth City-owned facility in Minnesota to be certified under any Leadership in Energy and Environmental Design (LEED) rating system.

Environmental Initiatives and Other Projects

The City is maintaining its focus on environmental issues in the community. While much of our focus is on water quality since there are eleven lakes and numerous wetland areas located in the City, we are increasingly concerned about the urban forest. In July, the Emerald Ash Borer was discovered in the Shamrock Park neighborhood in northwest Shoreview. The Emerald Ash Borer is one of the most destructive tree pests and it has killed millions of ash trees in 15 states. Shoreview is the fourth community in the metro area where this beetle has been discovered. Our Council, in conjunction with the Environmental Quality Committee, is in the process of developing a management plan and updating our ordinance



During 2012, both Bucher and Wilson Parks will undergo renovations.

to address this threat to our urban forest. The City held an informational meeting regarding the EAB in August, and hopes to hold another community meeting on this topic to provide information to homeowners about various methods to combat the spread of the EAB.

The City also successfully transitioned to a new recycling provider, Allied Waste, last January. Although the number of residents that recycle is at an all-time high, recycling volume and tonnage has dropped due to fewer households receiving newspapers. In response to requests from many residents, we will be able to recycle many more plastics, including items such as yogurt, margarine, and cottage cheese containers, plastic bags, and juice boxes as part of the 2012 curbside recycling program. Check out our website to see a more complete listing of items that can now be recycled.

We were also pleased to learn that the expansion and renovation of the City's 35 year old Maintenance Center received the LEED (Leadership in Energy and Environmental Design) Gold certification by the Green Building Council. The City's Maintenance Center was the first in the nation to be certified Gold under the 2009 LEED rating system and was only the fifth City facility in the state to be LEED certified.

Our Environmental Quality Committee is also continuing its annual speaker series in 2012. The speaker series will run from January through April on the third Wednesday of the month and will cover topics ranging from rain gardens and attracting birds to your yard to public transit.

Conclusion

The City Council and I are committed to insuring that our government process is open and accessible, and that our residents are well informed. We televise all of our regular City Council and Planning Commission meetings, have increased the number of ShoreViews issues from four to six per year, and are expanding the amount of information and content on our website as part of our effort to provide residents with more timely information. As I have done since first elected Mayor in 1996, I will continue to hold office hours on most Tuesdays from 3-5 p.m. to discuss residents' issues and concerns.

I was very honored this year to receive the C.C. Ludwig Award for outstanding service and leadership from the League of Minnesota Cities. While it is always nice to receive recognition, this award says far more about the type of community that we have in Shoreview. From my colleagues on the City Council who contribute countless hours to make Shoreview a better place to live, work and play; to our commission/committee members who provide sound recommendations and advice to the Council; to our



City Council (back row) Councilmember, Blake Huffman; Councilmember, Ben Withhart; and City Manager, Terry Schwerm (front row) Councilmember, Terry Quigley; Mayor, Sandy Martin; and Councilmember, Ady Wickstrom

outstanding City staff who provide high quality service and programs to our residents; and finally, and most important, to all of our residents who demonstrate "community spirit" throughout the year – we have all helped to make Shoreview a premier suburb in the Twin Cities area.

It has been an honor and privilege to serve as your Mayor. Thank you for listening, I look forward to working with you during the upcoming year.

2012 City News

2012 Official City Newspaper The Shoreview City Council has designated the Shoreview-Arden Hills Bulletin as the official legal newspaper for the year 2012 for legal and public hearings.

Shoreview Salary Data Minnesota state law requires that a city with a population of more than 15,000 residents must annually notify its residents of the positions and base salaries of its three highest- paid employees. For the City of Shoreview, as of January 2012, positions and salaries include: City Manager: \$134,368, Finance Director: \$123,968 and Assistant City Manager/Community Development Director: \$120,058.



Streets to be Swept in March

The Public Works Department will begin its annual street sweeping in March. It is important to remove the salt residue as quickly as possible in the spring. This minimizes the amount of debris that runs off into the storm sewer system and ultimately into Shoreview's lakes. Crews work between the hours of 5 a.m.-8 p.m.

The first round of sweeping is expected to collect 95 percent of the debris. Some of the streets may still have snow on them, so crews will return to do a more thorough sweeping once all of the streets have been swept one time. As time permits, a second, and sometimes third sweeping are performed.

Spring Hydrant Flushing to Begin Late March

You may notice a color change in your tap water following the flushing of the water main. The discoloration is normal and will last only a short time after the nearby hydrants have been flushed. The discolored water is safe for drinking, but you may choose to reschedule laundry or other work that may be affected by discoloration. If you have any questions, call 651.490.4660. For information on when your zone is complete, visit www.shoreviewmn.gov.



Coming Soon To Shoreview *cont. from page 2*

Shoreview Senior Living

Hodgson Road & Cumberland Street
(north of Highway 96)

- Developer:
Southview Senior Living Communities
- Mixed-Care Senior Housing
- 105 Market Rate Apartments*
 - 30 Independent Units
 - 43 Assisted Living Units
 - 32 Memory Care Units
- * 12 Elderly Waiver units available to income qualifying residents
- Construction started December 2011
- Completion Spring 2013
- Project also includes small-scale office

Red Fox Retail

Red Fox Road & Lexington Avenue
(just north of the Super Target)

- Developer: Stonehenge USA
- Three-Phase Retail Project
 - Phase 1 – 10,000 sq. ft. Retail Center
 - Phase 2 – 14,000 sq. ft. Specialty Market
 - Phase 3 – 3,800 sq. ft. Office/Retail
- Retail Center construction started January 2012
- Retail Center completion July 2012
- Tenants announced to date include Chipotle and Leeann Chin restaurants and a Sport Clips

Foreclosures in your Neighborhood?

News of home foreclosures, in Minnesota and across the country, has permeated from media outlets with increasing frequency. If you become aware of a foreclosed property in your neighborhood, it is important to know several things.

Once a property enters into foreclosure, the property owner typically has a six month redemption period. During this period, the property is essentially “on hold”, and the homeowner or tenant may continue to reside in the house. At the end of the redemption period, the property is most often controlled by the mortgage company (or other party), and the property often becomes vacant.

The City attempts to monitor vacant properties, whether resulting from foreclosure or other circumstances in order to prevent these from becoming problem properties. If a property in your neighborhood appears to be unoccupied or is unsecured, please notify the Community Development Department at 651.490.4680 or via email at community-development@shoreviewmn.gov.

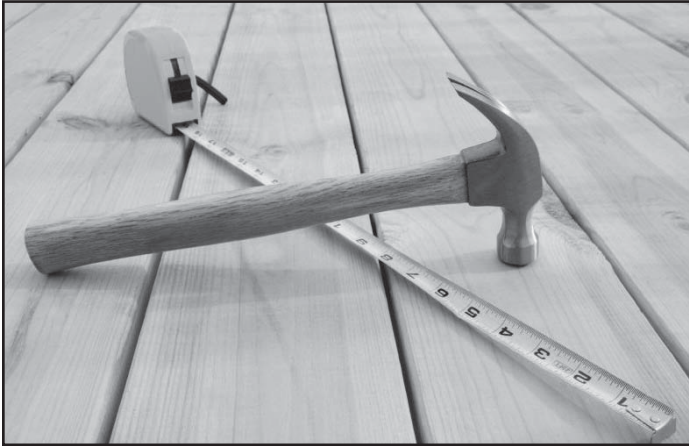


Shoreview has had 70-80 foreclosed properties each year since 2009

What can you do?

- Be a good observer. Keep an eye on the house like you would any other house in the neighborhood.
- If there appears to be property maintenance issues, please contact the Community Development Department. If you believe there is some suspicious activity occurring at the home, call the Ramsey County Sheriff's Dispatch at 651.767.0640. Be sure to have the address of the house where the activity is taking place and let the dispatcher know that the house is vacant due to foreclosure.

Thinking about Home Improvements?



The City of Shoreview contracts with the Greater Metropolitan Housing Corporation (GMHC) to administer housing programs. GMHC's mission is to improve the quality of life in the metropolitan area through efforts that

increase the availability and quality of affordable housing for low and moderate-income families and individuals. GMHC is a development partner with Shoreview for affordable housing development and housing reinvestment. GMHC also operates the HousingResource Center™ (HRC) program which provides housing services for local communities. The HRC provides Shoreview residents extensive, high quality, and individualized assistance with their home improvement and home financing needs, including:

- Loan Information
- First Time Home Buyer Assistance
- Assistance regarding Construction Management
- Homeownership Assistance
- Administration of residential loan programs

The HRC is located in the historic Lepak-Larson House, 1170 Lepak Ct., Shoreview, MN 55126. You may contact the Center at 651.486.7401.

Shoreview Home Energy Improvement Loan

The City of Shoreview does offer a home energy improvement loan to qualified residents. This program provides a maximum loan of \$20,000 to make energy upgrades to single-family detached homes. Eligible improvements include energy efficient heating and cooling systems, insulation, windows, doors, water heaters and roof replacements. The loan offers a fixed interest rate with the loan payable over a maximum 10-year period.

The borrower is eligible for a

rebate of the total interest paid if they reside in the home for ten years after the loan is incurred. There are income limit restrictions for this program. Currently, the maximum annual household income cannot exceed \$119,776.00 for a family of four and the home's estimated market value cannot exceed a value of \$314,640.

For more information, contact the Housing Resource Center, 1170 Lepak Court, Shoreview, MN 55126 or call 651.486.7401

Shoreview Community Foundation Invites 2012 Grant Projects

The Shoreview Community Foundation invites local charitable organizations to send letters of inquiry proposing 2012 grant projects by March 31. Letters of inquiry are a brief description of the project, the geographic area served and the amount requested. If the project is a strong candidate for funding, a full grant application will be sought.

Letters of inquiry and grant proposals may be submitted by 501(c)(3) nonprofit organizations, religious institutions and governmental bodies for qualifying projects that are located in the city or primarily serve the residents of Shoreview. The Foundation encourages matching funds and participation of others in funding.

The Foundation's grant focus areas are: arts and cultural activities; recreational places such as parks, trails, open space, wetlands and woodlands; community enhancements and leadership development; human services and historical preservation. Details of the requests for letters of inquiry

and grant guidelines can be found at www.shoreview-communityfoundation.org. Follow the Shoreview Community Foundation on Facebook for more information.

Grants have previously been awarded to the new Volunteer Service Club at Mounds View High School, the Shoreview Northern Lights Community Band, the Shoreview Historical Society and Northwest Youth and Family Services. Funding is from the permanent endowment made available by the generosity of nearly 100 local residents, civic organizations, businesses and local foundations. Grants to date have ranged from \$1,000 to \$3,000.

Grant decisions are made by an advisory board composed of 14 individuals who have committed themselves to Shoreview over the years. The Saint Paul Foundation provides guidance on grant-making and handles money management and investment services.

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**Shoreview
2012 Spring
Cleanup
Day
Saturday, May 19**

Need more time to complete your spring cleaning?
Shoreview has moved its Cleanup Day.
Saturday, May 19 (New Date) • 8 a.m. - 3 p.m. (New Time)
Highway 96 and Hamline Avenue
For more details, watch for further articles and visit the city's website at
www.shoreviewmn.gov





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WILLKOMMEN

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www.sliceofshoreview.com



*Same Great Entertainment,
New Night*

CITY

Shoreview Northern Lights Variety Band Hosts Spring Concert *April 21*

Bring the entire family to the Shoreview Northern Lights Variety Band's annual spring concert on Saturday, April 21, 2012, at 7 p.m. in the Benson Great Hall at Bethel University. The band will take you on a whirlwind trip around the world as it performs music from the USA and every corner of the globe. Tickets can be purchased from any band member, at the Shoreview Community Center, or by sending an email to tickets@snlvb.com.

New band members are always welcome! Under the guidance of Music Director Merle Danielson, the SNLVB is a 501(c)(3) non-profit organization, boasting over 60 members. The band rehearses at the Shoreview Community Center on Tuesday evenings from 7 – 9 p.m.



Auditions are not required. Members are adults who are 16 years of age or over, who play a wind instrument or percussion, and have a desire to play music, serve the community, meet people, and have fun.

Visit www.snlvb.com for information about joining the band, ordering concert tickets, or to sign up for the band's newsletter.

Gallery 96 Exhibitions

During the month of May, Gallery 96 will hold its Spring exhibit at the Shoreview branch of the Ramsey County Library. It is an Artist's Choice showing, meaning each paid member of Gallery 96 is eligible to enter one piece in the show on any theme. The entries will not be juried so everyone's entry will be accepted but they will be judged for cash prizes.

You must be a member to enter the show but membership starts at only \$25 per year. For membership or more information on the exhibit, visit www.gallery96.org.



Join the lively discussions
of art and friendly critiques of the work
of members and others.
All are welcome.

Upcoming dates are
April 10, May 8 and June 12.

ARTiculators

Although not officially part of Gallery 96, the ARTiculators are a group of artists who meet every Monday morning from 10 to noon in the Shoreview Community Center Fireside Room to chat with each other and discuss new ideas in art.

Fireside Room Exhibit

Next time you are in the Shoreview Community Center, stop by and see the works of Gallery 96 artists on display in the glass cases in the Fireside Room on the main floor of the building.

For the months of January through March, 2012 we will be having our fourth annual "**SMALL WORKS**" exhibition. It will feature artworks having images no larger than 7"x 7" or 49 square inches. Gallery 96 members are invited to submit one item for the show.

Additional Exhibit Opportunities

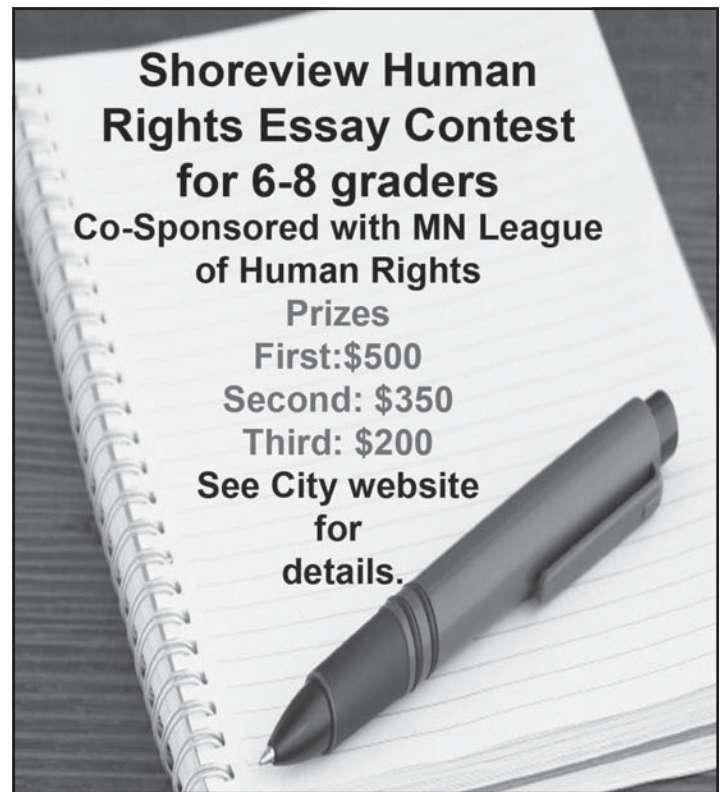
Gallery 96 has joined with Cafe Zia, a restaurant and coffee shop at 2723 Lexington Ave N in Roseville, to exhibit the works of Gallery 96 members at various times throughout the year. All artworks are for sale and members are allowed to display one work at a time. Stop by and check out the great coffee and the artwork. If you are interested in exhibiting with Gallery 96 at Café Zia, contact info@gallery96.org for more details. Our next exhibit at Café Zia will open in March.

Shoreview Human Rights To Host Community Dialogue on Crimes Against the Elderly: *How You Can Protect Yourself and Loved Ones*

The Shoreview Human Rights Commission will host a two-part series on Elder Abuse. On Monday, March 19, the Community Dialogue will be on Crimes Against the Elderly: How You Can Protect Yourself and Loved Ones. The event will be held in the Community Center from 3-5 p.m. and will feature Iris Freeman, a longtime elder care advocate with William Mitchell College of Law and Dr. Natalie Denburg, who has completed much research on the vulnerability of the elderly.

The second event will be held Monday, April 23, at the Shoreview Community Center from 3-5 p.m. It will again focus on Elder Abuse with the concentration on How to Report Crimes against the Elderly. More information on this event will be available soon.

For more details on the Community Dialogue, visit the City's website at www.shoreviewmn.gov.



Shoreview Human Rights Essay Contest for 6-8 graders
Co-Sponsored with MN League of Human Rights
Prizes
First: \$500
Second: \$350
Third: \$200
See City website for details.

Hugh & Alma Cunningham SHS 2012 Heritage Family of the Year



District 28 school



Cunningham home - former Cuenca Station



Cardigan Junction



Ray, Pat, Eugene (Uke) & Marvella Cunningham - 1934 near Cardigan Junction

For the Cunninghams, "down by the tracks" meant dove hunting, snowmobile adventure, fort building, bonfires and pond hockey. Memories include spitball fights in the depot and feeding a sandwich to a hungry hobo. They raised wood ducks, raccoons and fox and enjoyed fishing in the lakes and explored freely in "their woods".

A three-generation railroad family, Hugh and Alma Cunningham moved from Crandon, Wisconsin, in 1934 to what is now the Rustic Place neighborhood of Shoreview. Hugh was Section Foreman on the Soo Line and he was responsible for maintenance of 8 miles of track near Cardigan Junction. He, his wife, and their four children initially rented and then purchased an old railroad building called Cuenca Station. It had been moved from N. Owasso Blvd to the Cardigan Depot area where it became a section house. Hugh Cunningham purchased it and relocated it to Rustic Place where it became the family home.

Rustic Place, at that time, was a dirt road with just one other house in the neighborhood. The Cunningham

children: Marvella, Raymond, Eugene "Uke" and Patrick enjoyed their childhood here and, as young adults, purchased lots on Rustic Place and raised their families. Pat continues to enjoy his home, one of three original lots the Cunningham family still own.

"It's a great street. We have the best neighbors in the world. It's just a good spot to live," Pat said. Members of St. John's and later St. Odilia's, where many of the kids went to school, Pat recalls the old one-room school, District 28, where Island Lake school now stands. "We thought it was cool because it had an indoor bathroom."

In the 1940's, more homes were built on Rustic Place and a transition slowly began to the Shoreview we know today.

The Shoreview Historical Society is proud to honor the Cunningham family at the 2012 Heritage Family of the Year.

A reception for the family will be held on Sunday, April 15th, 2 pm at the Shoreview Community Center. The public is invited.

Residents can Appeal Property Values

The Ramsey County Assessor establishes an estimated market value for every property in Ramsey County (including Shoreview). These estimated market values are used to compare taxable values, which do impact the amount of property tax that each individual homeowner pays. If homeowners believe the County has established an estimated market value for their property that is too high, there are two options available to contest property values:

1. Appeal the value to the Ramsey County Board of Equalization between March and June (after the County mails property value notices).
2. Appeal the value to the Minnesota Tax Court (after June). The Tax Court has two divisions as follows:
Regular Division – whose decisions may be appealed
Small Claims Division – whose decisions are final

Appeals for homesteaded property may be made to either division. Questions about the appeal process should be directed to the Ramsey County Assessor's office at askcountyassessor@co.ramsey.mn.us or call 651.266.2131.

State Property Tax Relief

The State of Minnesota provides property tax refunds for homeowners, renters, seniors and disabled homeowners based on household income and the property taxes paid. According to the Ramsey County Assessor, many homeowners that are eligible for the refunds don't apply.

Homeowners are eligible for one of two refund programs:

1. Regular property tax refunds are available if the household income in 2011 is less than \$100,780 (there are higher limits for households with dependents). The maximum refund for this program is \$2,460.
2. Special property tax refunds are available if property taxes increased more than 12 percent, and an increase in tax of \$100 or more. The maximum refund is \$1,000.

Renters are eligible if the household income is less than \$54,620 in 2011. The maximum refund is \$1,550.

Senior or disabled homeowners are also eligible for property tax refunds (see the worksheet and instructions provided with the MIPR form).

All refunds are applied for using State Form MIPR, available on the State of Minnesota website at www.state.mn.us or by calling 651.296.4444. The filing due date for 2011 property taxes is August 15, 2012, but the form will be accepted up to one year after the due date.

The Shoreview Community Garden Club

The Shoreview Community Garden Club meets at the Shoreview Community Center on the first Wednesday of the month at 7 p.m. Experienced gardeners or beginners, all are welcome. Speakers talk on a wide

range of gardening topics. Summer tours are held to get information and ideas. A Spring Plant Sale is held to raise money for speakers and activities. For more information, contact Sandi 651.484.4341 or sandilauer@comcast.net

Shoreview-Einhausen Sister City Association (SESCA)

SESCA has been involved in promoting the friendship and international goodwill between the citizens of the greater Shoreview area and the people of our sister city Einhausen, Germany for more than a decade. How do we do this and how can you be involved? Our members and the general public have many opportunities throughout the year to be active in this group and there's little better way to enjoy German culture than through enjoying the food of this great land.



The annual German dinner is coming up soon so check the website for details. Besides the monthly meetings, informal dinners, a Slice of Shoreview tent, volunteer opportunities, and a tour being planned for the summer

of 2013, we are pleased to offer scholarship awards for local students in their pursuit of learning the German language.

New for the summer of 2012 is a visit by the Musikcorps Band hailing from the town of Einhausen. Through the relationship of band members and members of our very own SNLVB (Shoreview Northern Lights Variety Band) a trip to the U.S. has been planned. We are pleased to be involved in their summer visit which will include a much anticipated joint concert. For more information about our group and for ways to contact us just visit our website: www.sesca.org

MARCH 2012

11

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
(CC) Council Chambers (UC) Upper Conference Room (LC) Lower Conference Room (MC) Maintenance Center		(SP) Shoreview Pavilion (CCPL) Comm. Center Parking Lot (SCC) Shoreview Community Center (SCP) Shoreview Commons Park		1 Bikeways And Trails Committee 7 pm, LC	2	3
4 	5 City Council Meeting 7 pm, CC	6 Snail Lake Improvement District Board Annual Meeting 6 pm, CC	7	8	9	10
Recycling Week March 4-10						
11	12 Economic Dev. Authority 5 pm, CC Council Workshop 7 pm, CC	13	14	15 Public Safety 7 pm, LC	16	17
18 	19 City Council Meeting 7 pm, CC	20 Economic Development Commission 7:30 am, UC	21 Environmental Speaker Series 7 pm, CC	22 Parks and Recreation Commission 7 pm, CC	23	24
Recycling Week March 18-24						
25	26 Environmental Quality Committee 7 pm, CC	27 Planning Commission 7 pm, CC	28 Human Rights Commission 7 pm, CC	29	30	31

APRIL 2012



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 City Council Meeting 7 pm, CC	3	4	5 Bikeways And Trails Committee 7 pm, LC	6	7
8 	9 Economic Dev. Authority 5 pm, CC Council Workshop 7 pm, CC	10	11	12	13	14
Recycling Week April 8-14						
15	16 City Council Meeting 7 pm, CC	17 Economic Development Commission 7:30 am, UC	18 Environmental Speaker Series 7 pm, CC	19	20	21
22 	23 Environmental Quality Committee 7 pm, CC	24 Planning Commission 7 pm, CC	25 Human Rights Commission 7 pm, CC	26 Parks and Recreation Commission 7 pm, CC	27	28
Recycling Week April 22-28						
29	30					

CITY



SHOREVIEW CALENDAR

12

MAY 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3 Bikeways And Trails Committee 7 pm, LC	4	5
6 	7 City Council Meeting 7 pm, CC	8	9	10	11	12
Recycling Week May 6-12						
13	14 Economic Dev. Authority Council Workshop 5 pm, CC 7 pm, CC	15 Economic Development Commission 7:30 am, UC	16	17 Public Safety Committee 7 pm, LC	18	19 City Cleanup Day Ramsey County Public Works Site 8 am
20 	21 City Council Meeting 7 pm, CC	22 Planning Commission 7 pm, CC	23 Human Rights Commission 7 pm, CC	24 Parks and Recreation Commission 7 pm, CC	25	26
Recycling Week May 20-26						
27	28 Environmental Quality Committee 7 pm, CC	29	30	31		

JUNE 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
(CC) Council Chambers (UC) Upper Conference Room (LC) Lower Conference Room (MC) Maintenance Center		(SP) Shoreview Pavilion (CCPL) Comm. Center Parking Lot (SCC) Shoreview Community Center (SCP) Shoreview Commons Park			1	2
3 	4 City Council Meeting 7 pm, CC	5	6	7 Bikeways And Trails Committee 7 pm, LC	8	9
Recycling Week June 3-9						
10	11 Economic Dev. Authority Council Workshop 5 pm, CC 7 pm, CC	12	13 Concert in the Commons 7 p.m. <i>Dan Perry & Ice Cream</i>	14	15	16
17 	18 City Council Meeting 7 pm, CC	19 Economic Dev. Comm. Farmer's Market 7:30 am, UC 3 pm	20 Concert in the Commons 7 p.m. <i>Six Appeal</i>	21	22	23
Recycling Week June 17-23						
24	25 Environmental Quality Committee 7 pm, CC	26 Farmer's Market Planning Commission 3 pm 7 pm, CC	27 Human Rights Commission Concert in the Commons 7 pm, CC 7 p.m. <i>Mick Sterling</i>	28 Parks and Recreation Commission 7 pm, CC	29	30

*** Meeting dates/times/locations are subject to change. For more current information visit www.shoreviewmn.gov or call 651.490.4600.

City of Shoreview

www.shoreviewmn.gov
 Phone 651.490.4600
 Parks & Recreation 651.490.4750
 Shoreview Comm. Center 651.490.4700

Communications

Access Shoreview

Get our free electronic newsletter delivered after every Council meeting with recent City Council actions, City news and community events. For more information visit www.shoreviewmn.gov

Legal Notices

All Legal Notices will soon be posted on our website.

Shoreview Area Library

4750 Victoria Street North
 Shoreview, MN 55126
 Phone: 651.486.2300
www.ramsey.lib.mn.us

Federal Elected Officials

U.S. Senator Amy Klobuchar
 1200 Washington Avenue South, Suite 250
 Minneapolis, MN 55415

U.S. Senator Al Franken
 320 Hart Senate Office Building
 Washington, DC 20510
Info@Franken.Senate.Gov

U.S. Representative Betty McCollum
 165 Western Avenue North
 Suite 17
 St. Paul, MN 55102
www.house.gov/mccollum/contact.html

State Elected Officials

Governor Mark Dayton
 130 State Capitol
 75 Rev. Martin Luther King Jr. Blvd.
 St. Paul, MN 55155
Mark.dayton@state.mn.us

State Elected Officials, cont.

State Senator John Marty-District 54
 323 State Office Building
 St. Paul, MN 55155
Sen.john.marty@senate.mn

State Senator Barb Goodwin-District 50
 100 Rev. Dr. Martin Luther King Jr. Blvd.
 St. Paul, Mn 55155
Sen.barb.goodwin@senate.mn

State Senator Roger Chamberlain-District 53
 75 Rev. Dr. Martin Luther King Jr. Blvd.
 St. Paul, MN 55155
Sen.roger.chamberlain@senate.mn

State Rep. Kate Knuth-District 50B
 429 State Office Building
 St. Paul, MN 55155
Rep.kate.knuth@house.mn

State Rep. Bev Scalze-District 54B
 357 State Office Building
 St. Paul, MN 55155
Rep.bev.scalze@house.mn

State Rep. Linda Runbeck-District 53A
 100 Rev. Dr. Martin Luther King Jr. Blvd.
 St. Paul, MN 55155
Rep.linda.runbeck@house.mn

County Elected Officials

Ramsey County Commissioner Tony Bennett
 City Hall-220 Courthouse
 15 W. Kellogg Boulevard
 St. Paul, MN 55102
 651.266.8350
Tony.Bennett@co.ramsey.mn.us

Post Office

4390 McMenemy Street
 Vadnais Heights, MN 55127
 Phone: 651.481.1951

Animal Control

If you wish to report a lost or found pet, animal complaints or wandering pets, call the Ramsey County Sheriff's Office non-emergency number at 651.484.3366. For other emergencies call 911.

All impounded animals will be impounded at the following location:
 Hillcrest Animal Hospital
 1320 Highway 61
 Maplewood, MN 55109
 651.484.7211
 Mon, Wed and Fri 8 A.M. – 6 P.M.
 Tues and Thurs 8 A.M. – 8 P.M.

Police



Police protection is provided by the *Ramsey County Sheriff's Department*. The District Office is located at 1411 Paul Kirkwood Drive, Arden Hills, MN 55112.

For non-emergencies call

651.484.3366

For emergencies call 911

Fire



For emergencies call 911
Dispatch, Non-emergency
651.767.0640
 Lake Johanna Fire Department
 Fire Chief, Tim Boehlke
 651.481.7024
ljfd@ljfd.org

Ambulance & Paramedic

Ambulance and paramedic services are provided by Allina Medical Transportation.

For emergencies call 911

Hours:

Mon. 10 A.M. – 8:30 P.M.
 Tues. & Wed. 1:30 P.M. – 8:30 P.M.
 Thurs., Fri., & Sat. 10 A.M. – 5 P.M.
 Sun. noon – 5 P.M.

FOR INFORMATION CALL 651-490-4750

ShoreViews is published four times a year by the City of Shoreview and is mailed free of charge to City residents. Send comments, suggestions and submissions to the City Editor, Tessia Melvin, or to Parks and Recreation Editor, Shari Kunza at ShoreViews, 4600 N. Victoria St., Shoreview, MN 55126.

The City of Shoreview and the U.S. Postal Service make every effort to deliver ShoreViews in a timely manner. Extra copies are available at City Hall and at the Parks and Recreation office.

COMMUNITY CENTER

GENERAL INFORMATION AND HOURS



Call for More Information

Community Center Information

651-490-4700

Recreational Programs (classes)

651-490-4750

Rental Information

651-490-4790

City Information

651-490-4600

Kids Care Hours*

Morning Hours

Monday–Saturday

8:00 A.M. – 12:30 P.M.

Evening Hours

Monday–Thursday

4:00 P.M. – 8:30 P.M.

Friday

4:00 P.M. – 8:00 P.M.

CLOSED: May 28 & July 4

*additional fee required

Community Center Information

- 14 laps equals 1 mile on the indoor track.
- Only half-court basketball games allowed in gym
- The Community Center is not responsible for lost or stolen property. Daily lockers are available for rent to secure your personal items. There are free mini-lockers across from the service desk for small items.
- Personal belongings and gym bags are not allowed on the track.
- Track & Fitness Center is open to ages 14-older.

Daily Fees

Includes admission to the Tropics Indoor Waterpark, Indoor Playground, Fitness Center, Gymnasium and Indoor Track.

	Rate*	Shoreview Resident*
Daily Pass		
Adult (18 and over).....	\$ 9.24.....	\$ 7.75
Youth (1 to 17; under age 1 free with paying adult)	\$ 8.25.....	\$ 6.75
Family* (2 adults + children living in same household)	\$ 32.50.....	\$ 26.00
Seniors (65 and older)	\$ 8.25.....	\$ 6.75

*Family pass is limited to six individuals. Each additional person is \$4.00.

Indoor Playground Only (ages 1 to 12) \$ 5.00..... \$ 5.00

Coupon Books* (Includes 10 daily passes)

Adult	\$ 77.50.....	\$ 65.00
Youth/Senior.....	\$ 69.25.....	\$ 56.50
Playground	\$ 42.00.....	\$ 42.00

*Sales tax will be added to the price of our coupon books.

Senior Track Discount (65 and over – for track use only)

Per visit.....	\$ 4.25.....	\$ 3.25
Punch card.....	\$ 32.00.....	\$ 25.00

Fees are subject to change. We welcome payment by Visa and MasterCard.



Hours

	Community Center	Waterpark**	Playground
Mon & Wed	5:00 A.M. – 10:00 P.M.	4:00 – 8:30 P.M.	8:00 A.M. – 8:00 P.M.
Tues & Thurs	5:00 A.M. – 10:00 P.M.	6:00 – 9:00 P.M.	8:00 A.M. – 8:00 P.M.
Friday	5:00 A.M. – 10:00 P.M.	4:00 – 9:45 P.M.	8:00 A.M. – 8:00 P.M.
Saturday	6:00 A.M. – 8:00 P.M.	Noon – 7:45 P.M.	8:00 A.M. – 8:00 P.M.
Sunday	6:00 A.M. – 8:00 P.M.	Noon – 6:00 P.M.	8:00 A.M. – 6:00 P.M.

Holiday Hours Call 651-490-4700 for specific information.

Easter, April 8	6:00 A.M.-4:00 P.M.	Noon – 3:45 P.M.	8:00 A.M.-4:00 P.M.
May 6	6:00 A.M.-4:30 P.M.	Noon – 4:00 P.M.	8:00 A.M.-4:30 P.M.
Memorial Day, May 28	5:00 A.M.-6:00 P.M.	Noon – 5:45 P.M.	8:00 A.M.-6:00 P.M.
July 4	5:00 A.M.-6:00 P.M.	Noon – 5:45 P.M.	8:00 A.M.-6:00 P.M.

** See page 16 for extended waterpark hours on school's out days

Lap Swim Hours

Lap swim is available at various times throughout the week. See the service desk for a schedule or view it on our website at www.shoreviewcommunitycenter.com.

Drop-in Volleyball Rate: daily admission or free to members.

Mon, Tues, Thurs	12:00 P.M. – 1:00 P.M.
Sunday	8:00 A.M. – Noon

The Shoreview Community Center is the perfect place to spend time with your friends and family while getting your daily workout!

COMMUNITY CENTER

MEMBERSHIP FEES AND BENEFITS

Membership Fees

	Rate*	Shoreview Resident*
Annual Membership		
Family	\$ 670.00.....	\$ 530.00
Dual	\$ 590.00.....	\$ 470.00
Adult	\$ 395.00.....	\$ 305.00
Youth/Senior	\$ 315.00.....	\$ 250.00
Seasonal Membership (Three month)		
Family	\$ 260.00.....	\$ 210.00
Dual	\$ 240.00.....	\$ 190.00
Adult	\$ 170.00.....	\$ 130.00
Youth/Senior	\$ 130.00.....	\$ 105.00
Annual Membership Billed Monthly (With one year membership agreement)		
Family	\$ 61.00	\$ 50.00
Dual	\$ 53.00	\$ 45.00
Adult	\$ 37.00	\$ 30.00
Youth/Senior	\$ 32.00	\$ 25.00

*Sales tax will be added to these prices. There is a membership cancellation fee of \$100.

Persons aged 65 and older qualify for the Senior Citizen discounted rate. Youth are 17 and under. Dual Membership is two people residing in the same household. Family consists of 2 adults + children under 22 living in same household. Proof of dual and family member qualification is required.

Fees are subject to change. We welcome payment by Visa and Mastercard.



Membership questions?

Contact Guest Services at **651-490-4739**.

Membership Fees Credits

The Shoreview Community Center participates with the following insurance companies, which offer monthly reimbursements up to \$20 toward qualifying annual memberships. Eligibility and workout requirements vary. Please visit our Guest Services Office for more information, or call 651-490-4739. **Direct Deposit Now Available!** Your insurance reimbursements can be directly deposited into your bank account. See our Guest Services office for forms.



Annual Membership Includes Unlimited Use Of:

- Fitness Center (14 years and older. Ages 12 and 13 must complete Teen Equipment Orientation)
- 30% off Group Fitness Classes
- Tropics Indoor Waterpark
- Tropical Adventure Indoor Playground
- Indoor Track (14 years and older)
- Basketball Courts
- Whirlpool (Adults 18 years and older)
- \$1 per hour per child Kids Care rate
- For non-residents, a special recreation program Registration Day and the ShoreViews mailed to your home.



NEW First Time Annual Members also receive:

Special **Experience Us** book, which includes

- 1 family guest pass
- 1 adult guest pass
- 2 fitness drop-in class passes
- 1 Wave Cafe coupon
- 1 Kids Care sampler card
- 10% off Personal Training packages of 3 or more sessions
- 1 playground pass

Experience Us book is designed to encourage new members to experience all the amenities the Community Center has to offer.

Member Appreciation Night May 6, 2012

5:00 – 8:00 p.m.

Join us for a "Members Only" night. Please see p. 19 for more information or visit our website at

www.shoreviewcommunitycenter.com



SilverSneakers®

Members of participating Medicare health plans can join the SilverSneakers® Fitness Program. Stay active and let your health plan provide your Community Center membership. Call your insurance company to see if you qualify for the SilverSneakers® Fitness Program and then stop by the Members Services office to complete your membership. If you have questions contact Guest Services at 651-490-4739.

TROPICS INDOOR WATERPARK

Waterpark Hours

Through June 8, 2012

Monday & Wednesday 4:00 – 8:30 P.M.
 Tuesday & Thursday ... 6:00 – 9:00 P.M.
 Friday 4:00 – 9:45 P.M.
 Saturday..... 12:00 – 7:45 P.M.
 Sunday..... 12:00 – 6:00 P.M.

Holiday & School's Out Hours

March 15.....Noon – 9:00 P.M.
 March 16.....Noon – 9:45 P.M.
 March 19-22.....Noon – 9:00 P.M.
 March 23.....Noon – 9:45 P.M.
 April 6.....Noon – 9:45 P.M.
 Easter, April 8.....Noon – 3:45 P.M.
 May 6Noon – 3:45 P.M.
 May 18.....Noon – 9:45 P.M.
 Mem. Day, May 28.....Noon – 5:45 P.M.
 July 4Noon – 5:45 P.M.

The water park has extended hours on most school release days and during the summer. Please see our website for specific holiday hours.

The Waterpark includes Shark Attack waterslide, beach boat slide, floating sea creature, water walk, volleyball and basketball.



We can fill your day with endless fun as you enjoy a tropical getaway at Tropics Indoor Waterpark.

Come experience our crystal clear water with our Sphagnum Moss water enhancement system. This green system has improved our water quality, clarity, and as well a reduction in chlorine use. It makes for a more natural swimming experience as the Sphagnum Moss treated water is better on your skin, hair, swim suit and best of all your eyes.

Riders of Shark Attack waterslide will be able to experience our one of a kind jukebox system. Riders will be able to choose from over 100 songs and enjoy a custom light and music show while they twist and turn down our thrilling slide.

Nothing can replace close adult supervision when using the pool. All children six years and under must be supervised by a paid adult swimmer. Supervisory adult must be within arm's reach of the child at all times.

Pool Information

- For our guests' safety, our lifeguards participate in ongoing training. Part of this training includes the use of life-like mannequins as a simulation device.
- Coast-Guard approved lifejackets are allowed when a swimming adult is present within arm's reach. Arm flotation and flotation swimming suits are prohibited.
- Pool is open for general use during most hours that the Community Center is open. However, classes may be in session or pool amenities may be unavailable.
- Boys need to be 4 years old and under to be in the women's locker room, girls need to be 4 years old and under to be in the men's locker room with an adult. Please use the family locker rooms.
- Complete pool and lap swim schedules are available at the service desk.
- For a complete list of Tropics Indoor Waterpark rules go to www.shoreviewmn.gov



TROPICAL ADVENTURE INDOOR PLAYGROUND

Come **CRAWL** through the caves, **SWING** through the jungle, slip down the waterfall **SLIDE**, and **SCREAM** down the five level spiral slide!



Monday - Saturday.....8:00 A.M. - 8:00 P.M.
Sunday.....8:00 A.M. - 6:00 P.M.

Daily visit \$4.67 per child, ages 1-12

FREE! to members

General Information

- Wristbands and socks are required
- The playground is an unsupervised area
- Parents and guardians are responsible for supervision of their children
- Children 6 and under must be accompanied by an adult
- Groups visiting the playground are posted at the entrance each week
- For information about **reserving space for your group**, call 651-490-4790.

*See page 14
for holiday
hours!*



SPEND YOUR BIRTHDAY IN THE TROPICS

18



Make Your Child's Birthday Party Special!

Celebrate at the Tropics Indoor Waterpark and Indoor Playground in the Shoreview Community Center

Celebrate your child's birthday party in the tropical themed poolside birthday party rooms! Our rooms include Coconut Cove, our private party room, with maximum capacity of 15, and Beachcomber Bay, which accommodates up to four parties at one time. You may choose the Cake Deal package or the Meal Deal package. Outside food is not allowed in the Coconut Cove or Beachcomber Bay party rooms.

Call 651-490-4790 to reserve your party package today!



TROPICAL PACKAGE

Cake Deal

Includes personalized birthday cake and ice cream, pop/juice box, birthday plates, napkins, cups, balloons, 90 minutes party time, T-shirt and card for birthday child and full-day use of Tropics Indoor Waterpark and indoor playground for all party goers.

Rate: \$17 per person
\$16 Shoreview Resident

Meal Deal

Includes everything in the Cake Deal plus your choice of pizza, hot-dog or corndog and chips.

Rate: \$20 per person
\$19 Shoreview Resident

ADVENTURE PACKAGE

Cake Deal

Includes everything in the Tropical Package but limits full day use of the facility to the indoor playground only.

Rate: \$15 per person
\$14 Shoreview Resident

Meal Deal

Includes everything in the Tropical Package limiting facility usage to the indoor playground only.

Rate: \$18 per person
\$17 Shoreview Resident

Beachcomber Bay (shared party room)

Minimum purchase of birthday party package for 8 partygoers. No outside food allowed. Room will be shared with other party celebrations.

Coconut Cove (private pool-side party room)

Minimum purchase of birthday party package for 8 partygoers. No outside food allowed. Additional \$30 room rental fee.

Meeting / Party Rooms

Each room accommodates 20 partygoers for 2 hours of party time; additional rooms may be rented to accommodate more. You may rent a room and bring in your own food. Daily passes are sold separately.

Rate: \$45 Regular rental fee
\$30 Shoreview Resident rental fee

Fees are subject to change. Tax not included. When using the pool, all children six years old and under must be supervised by a paid adult swimmer who is 18 or older. Supervisory adult must be within arms' reach of that child at all times.

COMMUNITY CENTER

PARTY IN THE TROPICS

Special Rentals Have the Place to Yourself and Invite Your Friends!

Shoreview Community Center

The Shoreview Community Center is also available for groups, overnight, and after-hours private rentals. Each rate is listed per person and includes use of the Tropics Indoor Waterpark, gym facilities, and meeting rooms. Refundable damage deposit required. A minimum payment is necessary to rent our facility overnight. *Prices are per person.*

Overnight Rentals

Rate: \$19; \$17 Shoreview Resident

Private Pool Party Rentals

Private pool parties are available after regular business hours. A minimum payment is necessary to rent our facility for a private pool party. Prices are per person. Call 651-490-4790.

	Rate*	Shoreview Resident*
Two hours.....	\$10.50.....	\$10.00
Three hours	\$11.00.....	\$10.50
Four hours.....	\$11.50.....	\$11.00

*Sales tax not included.

Group Rates (during building hours)

- All parties of 10 or more receive our special group rate
- Reservations are required for groups of 35 or more
- \$50 deposit required at time of booking
- Call 651-490-4790 for group rate and reservation information



Coconut Cove – Private Party Room



Beachcomber Bay – Shared Party Room

MARK YOUR CALENDAR!



19

Member Appreciation Night

Sunday, May 6 5:00 – 8:00 PM

We want to thank you for making the Shoreview Community Center your choice for fun and fitness. Please join us on May 6 for a “Members Only” evening filled with fitness class demos, children’s activities, refreshments, and more! Your email invitation will arrive soon! Please let us know if you’re coming. Register at www.shoreviewcommunitycenter.com with **Activity # 55500-01** or call 651-490-4750.

Farmers Market

Tuesdays beginning June 19 3:00 – 7:00 PM

The market is a weekly summer event featuring fresh local produce, hand-crafted artisan items, and more!

See inside back cover for more information.

Concert in the Commons

Wednesdays, June 13-August 15 7:00 PM

The annual summer concert series is back! Enjoy returning entertainment such as Dan Perry and Ice Cream and new entertainment featuring the local group, The Jim Tones. The 2012 entertainment line-up has something everyone will enjoy! See back cover for more information.

Friday Night Flix

Fridays, August 10 & 24

Join us at the Haffeman Pavilion at dusk for a family-favorite movie on the giant inflatable screen.

See back cover for more information.

BANQUET ROOM RENTALS

Our banquet rooms are perfect for corporate events, wedding ceremonies, receptions, dinners, and dances.



Shoreview Room

Experience the elegance of our Shoreview Room for your next event. You and your guests will enjoy the convenience of the adjacent Fireside Lounge and expanded dance floor.

- Seating up to 300.
- Continental breakfast service available.
- Alcohol service available with in-house provider.
- \$300 Refundable damage deposit is required.
- Catering Fee – \$100 for events up to 100 guests. \$200 for events over 100 guests. Requires licensed caterer for kitchen use.

Full Room	Rate*	Shoreview Resident*
Sunday–Thursday	\$ 595.....	\$ 520
Friday	\$ 950.....	\$ 850
Saturday.....	\$1,160.....	\$1,060

Fees are subject to change. Tax not included. Call for more information.

Community Room

The Community Room features round tables, oak parquet dance floor, indirect lighting, and audio/visual equipment.

- Seating up to 250.
- Continental breakfast service available.
- Alcohol service available with in-house provider.
- \$300 Refundable damage deposit is required.
- Catering Fee – \$100 for events up to 100 guests. \$200 for events over 100 guests. Requires licensed caterer for kitchen use.

Full Room	Rate*	Shoreview Resident*
Sunday–Thursday	\$ 395.....	\$ 320
Friday	\$ 695.....	\$ 595
Saturday.....	\$ 845.....	\$ 740

Half Room	Rate*	Shoreview Resident*
Sunday–Thursday	\$ 210.....	\$ 180
Friday and Saturday	N/A.....	N/A

Fees are subject to change. Tax not included. Call for more information.

Call for More Information

Community Center Information

651-490-4700

Recreational Programs (classes)

651-490-4750

Rental Information

651-490-4790

City Information

651-490-4600

COMMUNITY & MEETING ROOM FACILITIES

Haffeman Pavilion

It's not too early to reserve your space for a family picnic, company event, or graduation gathering at the Haffeman Pavilion located behind the Shoreview Community Center. Picnic tables accommodate up to 125 people! Call to reserve your date: 651-490-4790.

Rate: \$195; \$170 Shoreview Resident

**Sales tax not included. Refundable damage deposit required.*

Picnic Shelter Rentals

Our parks are the perfect place for a small gathering or birthday party. Reserve a picnic shelter for your next event by calling 651-490-4790. Rental fee is \$25 plus tax.

Lake Judy ParkSeats 15

Shamrock ParkSeats 35

McCullough Park.....Seats 15

Commons ParkSeats 20

SitzerSeats 24

Meeting Rooms

We are able to accommodate 20 people per room, depending on the arrangements. Retractable walls allow flexibility for accommodating large groups and seminars.

- Meeting rooms are rented in 2-hour blocks.
- Rates are listed per room for each time block rented.

Rate: \$45; \$30 Shoreview Resident (50% of group living in Shoreview)

**Sales tax not included.*

Island Lake Room

Our new Island Lake Room is comfortable and quiet, suitable for all your meeting needs. Enjoy the window lighting as well as the on-site audiovisual equipment, including an interactive white board.

- Island Lake Room is rented in 2-hour blocks.

Rate: \$65; \$50 Shoreview Resident

**Sales tax not included.*



Call for More Information

Community Center Information

651-490-4700

Recreational Programs (classes)

651-490-4750

Rental Information

651-490-4790

City Information

651-490-4600



Adult Activities Page 69



Adventure Quest Page 50



Aquatics Page 24



Farmer's Market Inside Back Cover



Group Fitness Page 32

SPRING/SUMMER RECREATION PROGRAMS

REGISTRATION SCHEDULE

Registrations processed online are given immediate priority followed by in-person registration. Registrations received via mail, fax, or drop-off are processed as time permits.

Shoreview Resident Priority

Shoreview residents are given first priority in registering for Parks and Recreation programs.

Tuesday, March 13

On-line registration for residents begins at 8:00 A.M.

Friday, March 16

In person, mail, fax, and drop-off registration begins at 8:00 A.M.

Annual Community Center Member Registration

Friday, March 16

In person, mail, fax, and drop-off registration begins at 8:00 A.M.

General Registration

Anyone may register at this time. No residency or membership required.

Tuesday, March 20

On-line registration begins at 8:00 A.M.

Friday, March 23

In person, mail, fax, and drop-off registration begins at 8:00 A.M.

EASY 5 WAYS TO REGISTER

1. On-line at:
www.shoreviewcommunitycenter.com
2. Mail-in
3. Fax 651-490-4797 payment
by credit card only
4. Drop-off
5. In-person



Scan with
Smartphone
to register.

Shoreview Parks and Recreation

651-490-4750

recreation@shoreviewmn.gov

Office Hours

Monday – Friday, 8:00 A.M. – 4:30 P.M.

Tuesdays, 8:00 A.M. – 7:00 P.M.

ONLINE REGISTRATION INFORMATION

Tired of waiting in line? Want to register on your schedule and from the comfort of your home or office? Then choose on-line registration!

What you need to know:

- Each family needs a username and password
- If you forget your username or password, call us at 651-490-4750
- When it is your date to register, log-on to <https://registration.shoreviewmn.com> and choose your classes
- To add a family member to your account, call 651-490-4750 or email recreation@shoreviewmn.gov

New Users

- Registering on-line requires a username and password
- Obtain a username by signing up on-line or contacting our office at 651-490-4750

Questions?

Call 651-490-4750 or email recreation@shoreviewmn.gov

Register NOW for:
Kid's Corner Preschool
Tumbling
Spring Swim Lessons
(info available online)
Personal Training
Egg Hunt
Dazzling Divas



Kid's Corner Preschool Page 42



Special Events Page 48



Summer Camps Page 52



Tennis & Golf Page 63



Youth Sports Page 60

AQUATICS

SHOREVIEW PARKS AND RECREATION SWIM LESSONS

Shoreview Parks and Recreation swim lessons use a fun and imaginative approach to help students create a lifelong love of swimming. Students will learn new skills and build on skills previously learned, making each level progressive throughout the session.

We welcome students of all abilities to participate in our group lessons. Private lessons are also available for students who prefer individualized instruction. Our instructors participate in ongoing training sessions and are selected based on their desire to teach, their enthusiasm, and their swimming ability. Parent-instructor communication is vital to the success of each swimmer. Please contact the Aquatic Coordinator if there is anything your instructor can provide to maximize your swimmer's experience. Our mission is to provide an inclusive program for all.

The Community Center pool water temperature is kept between 83 and 84 degrees.

Group Lessons

Rates for all group lessons: \$70; \$60 Shoreview Resident

These lessons will have 1 instructor to a maximum student ratio of:

PS	1 to 4
L1-L3	1 to 5
L4 & L5	1 to 6
L6 & L7	1 to 7

**Small
Class Sizes**

Classes with more students will be assigned an aid to assist in instruction. All group lessons will meet 35 minutes for eight sessions. Star Fish lessons are 30 minutes. For more information on group lesson levels please refer to descriptions located to the right.

Private Lessons (PR)

Rate for eight, 30-minute private or semi-private swim lessons, available at set times.

\$135; \$125 Shoreview Resident

\$105; \$95 Shoreview Resident each for two participants of equivalent ability

Private or semi-private lessons are available. One-on-one attention may be just what is needed to advance levels or gain that confidence in the water. Available private lessons are located on pages 26-29.



Free Swim Checks

Do you know what level to sign up for? Stop by on one of the following days to find out! If you plan on staying for open swim starting at 12 P.M., please purchase a wrist band at the front desk. Swim checks take approximately 10 minutes.

Location: Shoreview Community Center Pool

Time: 11:00 A.M. – 12:00 P.M.

Saturday, March 3

Sunday, March 4

Saturday, March 10

Saturday, May 12

Sunday, May 13

Saturday, June 2

Sunday, June 3

AQUATICS LEVEL DESCRIPTIONS

Star Fish 1 *Ages 9 Months to 24 Months*

Star Fish 2 *Ages 24 Months to 36 Months*

The Star Fish program is a parent/child program for swimmer and non-swimmer parents to promote water safety and water adjustment in a safe and secure learning environment. Each class will be geared toward the respective age group. One adult must accompany each child in the water.

Preschool (PS) – Jelly Fish *Ages 3 and 4*

This course is an introduction to the pool, group learning and lessons without a guardian in the water. Little ones get comfortable and learn to enjoy activities in the water safely. Swimmers will learn the following:

- Comfort with group instruction
- Enter/Exit water independently
- Blow Bubbles
- Submerge face in water
- Front/back float with support
- Flutter kick on front/back with support

Level 1 (L1) – Angel Fish

Ages 4 or passed preschool level

Level 1 offers the opportunity to learn basic exploration that leads to assisted swimming. Students must be comfortable in the water without parents and should come prepared to put their faces in the water for retrieving objects.

Swimmers will learn the following:

- Supported float on the front and back
- Supported kicking on the front and back
- Fully submerged face to retrieve objects underwater
- Front/back glides with support
- Swimmers will also receive an orientation to deep water with support

AQUATICS LEVEL DESCRIPTIONS

Youth Beginner (YB) *Ages 6 and over*

The youth beginner class is for ages 6 and older who are new to swim lessons or haven't taken them for several years. Students will be in class with other school-aged children and learn at a faster pace. Students can continue to take youth beginner until they reach a level that includes their peers.

Level 2 (L2) – Sea Monkeys

The objective of Level 2 is to help swimmers successfully manage fundamental skills as they progress toward swimming unassisted. Swimmers must be comfortable on their own, fully submerged in an area they can touch. Swimmers will learn the following:

- To float and glide on front and back
- Integrate combined stroke on front and back, using kick and alternating arm action for 5 to 10 yards.
- Personal safety skills
- Flutter kick with support

Level 2.5 (L2.5) – Otters

Level 2.5 bridges the gap between L2 and L3. Swimmers will focus on developing a strong flutter kick and balance in the water. Swimmers will learn the following:

- Flutter kick on front and back with support in deep water
- Front crawl
- Deep water

Level 3 (L3) – Seals

Level 3 builds on skills by coordinating strokes and increasing endurance. Swimmers will learn the following:

- Coordinate front crawl
- Treading water
- Coordinate back crawl
- Flutter kicks and whip kick
- Elementary backstroke

Level 4 (L4) – Sting Rays

Level 4 develops endurance in previously learned strokes and introduces the breaststroke. Swimmers will learn the following:

- Elementary backstroke
- Treading water, 1 minute
- Front and back crawl
- Open turns
- Breaststroke

Level 5 (L5) – Dolphins

Level 5 refines coordination and increases endurance of keystrokes. Swimmers will learn the following:

- Elementary backstroke
- Breaststroke
- Front and back crawl
- Butterfly (introduction)

Level 6 (L6) – Orcas

Level 6 polishes strokes to allow swimming with more ease, efficiency, power and smoothness over greater distances. Swimmers will learn the following:

- Front and back crawl
- Butterfly
- Breaststroke
- Turns
- Sidestroke

Level 7 (L7) – Sharks

- Endurance skills
- Stroke techniques
- Personal water safety
- Basic workouts

STROKE TECHNIQUE DROP-IN ADULTS

6:30 A.M. – 8 A.M.

March 3, April 14, May 19, 20, June 23, July 15, Aug. 18

\$10.00; \$5.00 Shoreview Community Center member rate per date (pay at lower level service desk)

This drop-in session will allow an experienced swim instructor to work with you during your workout to improve stroke technique with the goal of improving endurance and efficiency. This session is perfect for the fitness swimmer or triathlon competitor. There will be an Instructor available the following dates and times listed above; there is no need to sign-up in advance.

SWIM INSTRUCTOR AIDE PREPARATION TRAINING (SIA)

Ages 15 and up

12 hours, Times and Dates upon request

\$100; \$90 Shoreview Resident

This course is for youth age 15 and older who are interested in teaching swim lessons. Participants must be competent swimmers and able to complete the pre-skill test on the first day. This program focuses on leadership, problem solving, teaching skills, community interaction and teamwork with the Shoreview Community Center Swim Lesson Program. Students will be required to participate in a 12 hour training program. To be considered for employment you must be age 16 and successfully completed the SIA course. If employed you will be required to complete a CPR and First Aid Training Course. Call the Aquatic Coordinator to set up meeting dates and times at 651-490-4766.



SHOREVIEW COMMUNITY CENTER POOL

Summer Morning Session M - Th

SESSION 1

June 11 - June 21

Time	Level	Activity#
8:10 A.M.	PS	330111-01
	L1	330101-01
	L2	330102-01
	L2.5	330112-01
	L2.5	330112-02
	L3	330103-01
	PR	330114-01
8:55 A.M.	PR	330114-02
	PS	330111-02
	L1	330101-02
	L2	330102-02
	L2.5	330112-03
	L3	330103-02
	L4	330104-01
9:40 A.M.	L5	330105-01
	YB	330113-01
	PR	330114-03
	PR	330114-04
	PS	330111-03
	L1	330101-03
	L2	330102-03
10:25 A.M.	L2.5	330112-04
	L3	330103-03
	L4	330104-02
	L6	330106-01
	PR	330114-05
	PR	330114-06
	PR	330114-07
11:10 A.M.	PS	330111-04
	L2	330102-04
	L2	330102-05
	L2.5	330112-05
	L2.5	330112-06
	L4	330104-03
	PR	330114-08
	PR	330114-09
	PS	330111-05
	L1	330101-04
	L2	330102-06
	L3	330103-04
	L5	330105-02
	L7	330107-01

SESSION 2

June 25 - July 6

Mon-Thur & Mon-Fri No classes Wed.

Time	Level	Activity#
8:10 A.M.	PS	330111-06
	L2	330102-07
	L2	330102-08
	L2.5	330112-07
	L2.5	330112-08
	L5	330105-03
	PR	330114-10
8:55 A.M.	PR	330114-11
	PS	330111-07
	L1	330101-05
	L2.5	330112-09
	L2.5	330112-10
	L3	330103-05
	L4	330104-04
9:40 A.M.	L7	330107-02
	PR	330114-12
	PR	330114-13
	PS	330111-08
	L1	330101-06
	L2	330102-09
	L2.5	330112-11
9:45 A.M. SFI&2	L3	330103-06
	L4	330104-05
	L6	330106-02
	YB	330113-02
	PR	330114-14
	330110-01	
	10:25 A.M. PS	330111-09
10:25 A.M.	L1	330101-07
	L2	330102-10
	L2.5	330112-12
	L4	330104-06
	L7	330107-03
	PR	330114-15
	PR	330114-16
11:10 A.M.	PS	330111-10
	L1	330101-08
	L2.5	330112-13
	L5	330105-04

SESSION 3

July 9 - July 19

Time	Level	Activity#
8:10 A.M.	L1	330101-09
	L1	330101-10
	L2	330102-11
	L2.5	330112-14
	L3	330103-07
	L5	330105-05
	YB	330113-03
8:55 A.M.	PS	330111-11
	L1	330101-11
	L2	330102-12
	L2.5	330112-15
	L3	330103-08
	L4	330104-07
	L6	330106-03
9:40 A.M.	PR	330114-19
	PR	330114-20
	PS	330111-12
	L1	330101-12
	L2	330102-13
	L2.5	330112-16
	L4	330104-08
10:25 A.M.	L7	330107-04
	PR	330114-21
	PR	330114-22
	PR	330114-23
	PR	330114-24
	PS	330111-13
	L1	330101-13
11:10 A.M.	L2	330102-14
	L2.5	330112-17
	L2.5	330112-18
	L3	330103-09
	L5	330105-06
	L1	330101-14
	L2	330102-15
	L2.5	330112-19
	L4	330104-09

SESSION 4

July 23 - Aug 2

Time	Level	Activity#
8:10 A.M.	PS	330111-14
	L1	330101-15
	L2	330102-16
	L4	330104-10
	PR	330114-25
	PR	330114-26
	PR	330114-27
8:55 A.M.	PR	330114-28
	PS	330111-15
	L1	330101-16
	L2	330102-17
	L2.5	330112-20
	L3	330103-10
	L5	330105-07
9:00 A.M. SFI&2	YB	330113-04
	PR	330114-29
	PR	330114-30
	330110-02	
	9:40 A.M. L1	330101-17
	L2	330102-18
	L2.5	330112-21
10:25 A.M.	L4	330104-11
	L5	330105-08
	L6	330106-04
	PR	330114-31
	PR	330114-32
	PR	330114-33
	PR	330114-34
11:10 A.M.	PS	330111-16
	PS	330111-17
	L2	330102-19
	L2.5	330112-22
	L2.5	330112-23
	L3	330103-11
	L4	330104-12
	11:10 A.M. PS	330111-18
	L1	330101-18
	L2.5	330112-24
	L3	330103-12

SESSION 5

Aug 6 - Aug 16

Time	Level	Activity#
8:10 A.M.	PS	330111-19
	PS	330111-20
	L2	330102-20
	L2.5	330112-25
	L3	330103-13
	L4	330104-13
	YB	330113-05
8:55 A.M.	L1	330101-19
	L1	330101-20
	L2	330102-21
	L2.5	330112-26
	L2.5	330112-27
	L3	330103-14
	L5	330105-09
9:40 A.M.	L7	330107-05
	PR	330114-37
	PR	330114-38
	PS	330111-21
	L2	330102-22
	L2.5	330112-28
	L2.5	330112-29
10:25 A.M.	L3	330103-15
	L4	330104-14
	L6	330106-05
	PR	330114-39
	PR	330114-40
	PR	330114-41
	PS	330111-22
11:10 A.M.	L1	330101-21
	L2	330102-23
	L2.5	330112-30
	L3	330103-16
	L5	330105-10
	YB	330113-06
	L2	330102-24
	L2	330102-25
	L2.5	330112-31
	L4	330104-15

Two Day Classes MONDAY/WEDNESDAY (2 times/week for 4 weeks)

June 25 - July 18

No class July 4. Class on July 6.

Time	Level	Activity#
11:10 A.M.	PR	330114-17
11:10 A.M.	PR	330114-18

July 23 - Aug 15

Time	Level	Activity#
11:10 A.M.	PR	330114-35
11:10 A.M.	PR	330114-36

AQUATIC KEY

SFI - Star Fish 9-24 mths

SF2 - Star Fish 24-36 mths

PS Preschool

L1 Level 1,2, etc...

YB Youth Beginner

PR Private Lessons

A Note About Community Center Lessons

If you wish to swim before or after class at the Community Center a wristband may be purchased at the guest service desk. On weekday and weekend mornings, your child will not be able to swim before or after class until open swim, which begins at noon.

SHOREVIEW COMMUNITY CENTER POOL

SESSION 6 Aug 20 - Aug 30

Time	Level	Activity#
8:05 A.M.	L2	330102-26
8:15 A.M.	PR	330114-42
	PR	330114-43
	PR	330114-44
	PR	330114-45
8:45 A.M.	PS	330111-23
8:50 A.M.	PR	330114-46
	PR	330114-47
	PR	330114-48
	PR	330114-49
9:25 A.M.	LI	330101-22
	PR	330114-50
	PR	330114-51
	PR	330114-52
	PR	330114-53
10:00 A.M.	PR	330114-54
	PR	330114-55
	PR	330114-56
	PR	330114-57
10:05 A.M.	PS	330111-24
10:35 A.M.	PR	330114-58
	PR	330114-59
	PR	330114-60
	PR	330114-61
10:45 A.M.	LI	330101-23
11:10 A.M.	PR	330114-62
	PR	330114-63
	PR	330114-64
	PR	330114-65
11:25 A.M.	L2	330102-27

Two Day Classes TUESDAY/THURSDAY

June 12 - July 5

Time	Level	Activity#
4:05 P.M.	LI	330101-42
	L2	330102-44
	L2.5	330112-47
	L2.5	330112-48
	L3	330103-25
4:50 P.M.	PS	330111-42
	LI	330101-43
	L2.5	330112-49
	L4	330104-23
5:35 P.M.	PS	330111-43
	L2	330102-45
	L3	330103-26
	L5	330105-14
6:20 P.M.	PS	330111-44
	LI	330101-44
	L2	330102-46
	L2.5	330112-50
	L3	330103-27
	L6	330106-08
7:05 P.M.	PS	330111-45
	L2	330102-47
	L4	330104-24
	PR	330114-87
	PR	330114-88
	PR	330114-89
7:50 P.M.	L7	330107-07
	PR	330114-90
	PR	330114-91
	PR	330114-92
	PR	330114-93

July 10 - Aug 2

Time	Level	Activity#
4:05 P.M.	PS	330111-46
	LI	330101-45
	YB	330113-09
	PR	330114-94
	PR	330114-95
4:50 P.M.	LI	330101-46
	L2	330102-48
	L2.5	330112-51
	L2.5	330112-52
	PR	330114-96
	PR	330114-97
5:35 P.M.	PS	330111-47
	PS	330111-48
	LI	330101-47
	L3	330103-28
	L4	330104-25
6:20 P.M.	LI	330101-48
	L2	330102-49
	L2.5	330112-53
	L3	330103-29
	L5	330105-15
6:25 P.M.	SFI/2	330110-10
7:05 P.M.	PS	330111-49
	L2	330102-50
	L4	330104-26
	L6	330106-09
	PR	330114-98
	PR	330114-99
7:50 P.M.	YB	330113-10
	L3	330103-30
	PR	330114-a1
	PR	330114-a2
	PR	330114-a3

Aug 7 - Aug 30

Time	Level	Activity#
4:05 P.M.	LI	330101-49
	PR	330114-a4
	PR	330114-a5
	PR	330114-a6
	PR	330114-a7
4:50 P.M.	LI	330101-50
	L2	330102-51
	L2.5	330112-54
	L2.5	330112-55
	L3	330103-31
5:35 P.M.	PS	330111-50
	LI	330101-51
	L2.5	330112-56
	L2.5	330112-57
	L4	330104-27
6:20 P.M.	PS	330111-51
	L3	330103-32
	L5	330105-16
	PR	330114-a8
	PR	330114-a9
7:05 P.M.	L2	330102-52
	L2	330102-53
	L6	330106-10
	PR	330114-b1
	PR	330114-b2
7:50 P.M.	PR	330114-b3
	PR	330114-b4
	PR	330114-b5
	PR	330114-b6

LESSON RATES

Group

\$70; \$60 Shoreview Resident

Private

\$135; \$125 Shoreview Resident

Semi-Private

\$105; \$95 Shoreview Resident

(2 participants of equivalent ability)



FOR INFORMATION CALL 651-490-4750

SHOREVIEW COMMUNITY CENTER POOL

Weekly Classes (1 day per week for 8 weeks)

MONDAY

June 11 - July 30

Time	Level	Activity#
4:05 P.M.	PS	330111-25
	LI	330101-24
	L2	330102-28
	L2.5	330112-32
4:50 P.M.	L3	330103-17
	PS	330111-26
	LI	330101-25
	L2	330102-29
5:35 P.M.	L3	330103-18
	L4	330104-16
	L1	330101-26
	L2	330102-30
6:20 P.M.	L2.5	330112-33
	L5	330105-11
	PR	330114-66
	PR	330114-67
6:25 P.M.	PS	330111-27
	L2	330102-31
	L2.5	330112-34
	L3	330103-19
7:05 P.M.	L6	330106-06
	SF 1	330110-03
	LI	330101-27
	L2	330102-32
7:10 P.M.	L4	330104-17
	SF 2	330110-04
	LI	330101-28
	PR	330114-68
7:50 P.M.	PR	330114-69

WEDNESDAY

June 13 - Aug 8

No classes July 4

Time	Level	Activity#
4:05 P.M.	PS	330111-28
	LI	330101-29
	L2.5	330112-35
	L2.5	330112-36
4:50 P.M.	YB	330113-07
	PS	330111-29
	LI	330101-30
	L2	330102-33
5:35 P.M.	L4	330104-18
	PR	330114-70
	PR	330114-71
	PS	330111-30
5:40 P.M.	LI	330101-31
	L2.5	330112-37
	L3	330103-20
	L5	330105-12
6:20 P.M.	SF 1	330110-05
	LI	330101-32
	L2	330102-34
	L2.5	330112-38
6:25 P.M.	L7	330107-06
	PR	330114-72
	SF 2	330110-06
	PS	330111-31
7:05 P.M.	L2	330102-35
	L3	330103-21
	L2	330102-36
	L4	330104-19

SATURDAY

June 16 - Aug 11

No classes July 7

Time	Level	Activity#
8:15 A.M.	PS	330111-32
	LI	330101-33
	L2.5	330112-39
	PR	330114-73
9:00 A.M.	PR	330114-74
	PS	330111-33
	L2	330102-37
	L5	330105-13
9:05 A.M.	PR	330114-75
	PR	330114-76
	SF 1	330110-07
	PS	330111-34
9:45 A.M.	LI	330101-34
	L2	330102-38
	L2.5	330112-40
	YB	330113-08
9:50 A.M.	PR	330114-77
	SF 2	330110-08
	PS	330111-35
	LI	330101-35
10:30 A.M.	L2	330102-39
	L3	330103-22
	PR	330114-78
	PR	330114-79
11:15 A.M.	PS	330111-36
	LI	330101-36
	L2.5	330112-41
	L4	330104-20

SUNDAY

June 17 - Aug 12

No classes July 8

Time	Level	Activity#
9:00 A.M.	PS	330111-37
	LI	330101-37
	L2.5	330112-42
	L3	330103-23
9:45 A.M.	PS	330111-38
	LI	330101-38
	L2	330102-40
	L2.5	330112-43
10:30 A.M.	L4	330104-21
	PS	330111-39
	L2	330102-41
	L2.5	330112-44
11:15 A.M.	PR	330114-80
	PR	330114-81
	LI	330101-39
	L6	330106-07
6:15 P.M.	PR	330114-82
	PR	330114-83
	PS	330111-40
	LI	330101-40
6:20 P.M.	L2	330102-42
	L2.5	330112-45
	L3	330103-24
	PR	330114-84
6:55 P.M.	SF1/2	330110-09
	PS	330111-41
	LI	330101-41
	L2	330102-43
	L2.5	330112-46
	L4	330104-22
	PR	330114-85
	PR	330114-86

A Note About Community Center Lessons

If you wish to swim before or after class at the Community Center a wristband may be purchased at the guest service desk. On weekday and weekend mornings, your child will not be able to swim before or after class until open swim, which begins at noon.

AQUATIC KEY

- SF1 – Star Fish 9-24 mths
- SF2 – Star Fish 24-36 mths
- PS Preschool
- LI Level 1,2, etc...
- YB Youth Beginner
- PR Private Lessons

LESSON RATES

Group

\$70; \$60 Shoreview Resident

Private

\$135; \$125 Shoreview Resident

Semi-Private

\$105; \$95 Shoreview Resident
(2 participants of equivalent ability)



CHIPPEWA MIDDLE SCHOOL POOL

Aquatic Programs at Chippewa Middle School

Chippewa's pool is ideal for upper levels due to its deeper and cooler water. This pool allows swimmers to learn additional skills, such as diving, surface dives, and advanced treading. In addition, Chippewa pool has fewer distractions and is the perfect setting for participants needing a quieter atmosphere. We recommend registering for lessons at Chippewa if your swimmer is at a level 2.5 or above. **In addition to swimming lessons, 3 lap lanes will be available to Shoreview Community Center members throughout the night for lap swimming use.**

Private Lessons at Chippewa

These private lessons are recommended for swimmers at a Level 2.5 or above. This pool is ideal for learning additional swimming skills, such as: surface dives, diving, advanced treading, and turns.

Introduction to Swim Team

This 35 minute lesson will introduce your swimmer to the basics of swim team. They will focus on starts, flip turns, swim drills, and workouts. This is a great way to gain a better understanding of swim team with an experienced instructor. They will work on stroke technique and build endurance at the same time.

Adult Swim Workout

Join us for a good workout and stroke technique at the same time. An experienced Instructor will offer a variety of workouts each night and allow time for individual instruction to increase your stroke efficiency and endurance. **Lanes will be available for lap swimming, feel free to continue your workout after this class.**

Adult Instruction for Beginners

This class is perfect for mature learners starting with basic swimming skills. Participants will learn everything from floating to efficient strokes at a personalized speed. Classes will be kept small for individual attention.

Two Day Classes TUESDAY/THURSDAY

June 12 - July 5

Time	Level	Activity#
5:00 P.M.	PR	330114-b7
	PR	330114-b8
	PR	330114-b9
Adult Lesson-Beg 330115-01		
5:40 P.M.	PR	330114-c1
	PR	330114-c2
	PR	330114-c3
Adult Swim Wrkt 330115-02		
6:20 P.M.	PR	330114-c4
	PR	330114-c5
	PR	330114-c6
Intro Swim Team 330109-01		

July 10 - Aug 2

Time	Level	Activity#
5:00 P.M.	PR	330114-c7
	PR	330114-c8
	PR	330114-c9
Adult Swim Wrkt 330115-03		
5:40 P.M.	PR	330114-d1
	PR	330114-d2
	PR	330114-d3
Adult Lesson-Beg 330115-04		
6:20 P.M.	PR	330114-d4
	PR	330114-d5
	PR	330114-d6
Intro Swim Team 330109-02		



SPECIAL AQUATICS/CPR & FIRST AID

RED CROSS LIFEGUARDING TRAINING

Ages 15+ Pack a lunch, swimsuit, towel and snacks!

Monday – Thursday..... 8:00 A.M. – 5:00 P.M.
\$200; \$190 Shoreview Resident

March 19-22.....**Activity # 150402-02**

June 18-21.....**Activity # 350402-01**

August 13-16.....**Activity # 350402-02**

Shoreview Community Center/Chippewa Middle School Pool

American Red Cross Lifeguard Training includes certification in Lifeguard Training, and Standard First Aid/CPR/AED, current for 2 years. This course provides all information necessary to recognize, respond, and care for emergencies in an aquatic environment and more. Certification will be issued after successful completion of a written exam and skill check off. The following are course prerequisites:

- Minimum age 15 years
- Tread water for 2 minutes
- 300-yard swim
- Retrieve 10 lb. brick from pool bottom

JUNIOR LIFEGUARD

Ages 9+

Mon – Thur, June 25-28 & M-T-Th-F July 2-6.....

.....8:55 A.M. – 9:30 A.M.

\$70; \$60 Shoreview Resident..... **Activity # 350305-01**

Mon – Thurs, July 9-19 8:55 A.M. – 9:30 A.M.

\$70; \$60 Shoreview Resident..... **Activity # 350305-02**

Community Center Pool

With professional lifeguards as instructors, this program will teach water safety, first aid techniques, build self-confidence and help youths understand the work of lifeguards. Participants learn about pool and open water safety in a fun and challenging atmosphere. Youth will also participate in a variety of fun events such as: Distance Swim, Swim Relays and Rescue Relay's to name a few.

RED CROSS STANDARD FIRST AID

\$50; \$45 Shoreview Resident

6:30 P.M. – 9:00 P.M.

Thursday, April 19..... **Activity # 250302-01**

Wednesday, May 23..... **Activity # 250302-02**

Wednesday, July 18..... **Activity # 350302-01**

Shoreview Community Center

Learn how to provide basic first-aid care for injuries and sudden illnesses until advanced medical personnel arrives.



RED CROSS COMMUNITY CPR/AED

\$78; \$68 Shoreview Resident

6:00 P.M. – 10:00 P.M.

Tuesday, April 17..... **Activity # 250301-01**

Monday, May 21..... **Activity # 250301-02**

Tuesday, July 17..... **Activity # 350301-01**

Shoreview Community Center

This course provides certification in infant, child and adult CPR including AED. Learn what to do in breathing emergency situations. This class teaches skills in rescue breathing, obstructed airway, CPR, and how to use an AED. Certification will be issued after successful completion of a written test and skill check off. If you are interested in gaining your First Aid Certificate check out our discounted rates below when you sign up for both.

RED CROSS COMMUNITY CPR/AED AND FIRST AID

Sign up for both **CPR & First Aid Certifications** and take advantage of our **REDUCED RATE!** Refer to course descriptions above.

\$90; \$80 Shoreview Resident

Tues. Apr. 17..... 6 – 10 P.M. and Thurs. Apr. 19 6:30 – 9:00 P.M.

..... **Activity # 250303-01**

Mon. May 21 6 – 10 P.M. and Wed. May 23 6:30 – 9:00 PM

..... **Activity # 250303-02**

Tues. July 17..... 6 – 10 P.M. and Wed. July 18 6:30 – 9:00 P.M.

..... **Activity # 350303-01**

Sat. August 4..... 9 A.M. – 3:00 P.M. (1 hour lunch break)

..... **Activity # 350303-02**

Shoreview Community Center

SNORKELING

Ages 8 to 13

Saturday, March 17.....	11:00 A.M. – 12:00 P.M.
\$20; \$15 Shoreview Resident.....	Activity # 130306-02
Friday, April 6.....	9:00 A.M. – 10:00 A.M.
\$20; \$15 Shoreview Resident.....	Activity # 130306-03
Friday, June 29.....	9:00 A.M. – 10:00 A.M.
\$20; \$15 Shoreview Resident.....	Activity # 330306-01
Friday, July 20.....	9:00 A.M. – 10:00 A.M.
\$20; \$15 Shoreview Resident.....	Activity # 330306-02
Friday, August 10.....	9:00 A.M. – 10:00 A.M.
\$20; \$15 Shoreview Resident.....	Activity # 330306-03

Community Center Pool

Come learn the basics of snorkeling, we will provide the equipment for youth ages 8 to 13. For those over the age of 13 years and would like to learn the basics are required to provide their own snorkeling gear (goggles and snorkel). A variety of abilities are encouraged to join us in discovering the underwater world although basic swimming skills are needed.

GIRL SCOUTS, BOY SCOUTS

\$15 Indiv; \$10 each for 2 or more

Community Center Pool

Looking for a place to work on your swimming badges? Shoreview Parks and Recreation will help troops earn swimming badges. You provide the requirements for the badge your troop is working on, and we will have a certified lifeguard work with the troop to complete it. Program time approx. 30–40 minutes. Please call 651-490-4766 to schedule a time.

BOY SCOUTS MERIT BADGES

Swimming and Lifesaving Merit Badges can be completed at the Shoreview Community Center by setting up a time and date with our Aquatic Coordinator, please call 651-490-4766. You will be asked to provide the Merit Badge Books and Certification Card. We will provide the Swimming or Lifesaving workbook and Instructor.

Swimming Merit Badge

This badge will take 4 hours to complete.

\$50/Student (Min. of 2) and \$35.00/Student (Min. of 3)

Lifesaving Merit Badge

This badge will take 6 hours to complete.

\$46/student (Min. of 3) and \$40 (Min. of 4)

ABOUT BOATING SAFELY

Ages 12 & over

Saturday, May 5.....	8:00 A.M. – 4:00 P.M.
\$40 per person.....	Activity # 250401-01

Youth are 1/2 price if registered with a full paying adult

Shoreview Community Center

This class meets the requirements for watercraft operators permits in Minnesota and Wisconsin. Boat insurance companies may offer discounts to boaters who complete this course. Topics include: Boating Law, Safety Equipment, Navigation, Trailering, Storing and Protecting Your Boat, Hunting and Fishing, Water-skiing and River Boating. The course is taught by trained, experienced instructors from the U.S. Coast Guard Auxiliary.

SAFETY CAMP

2-DAY CAMP!

Ages 7-12..... \$50; \$45 Early Bird (before June 4)

Thursday, June 21..... 8:30 A.M. – 4:00 P.M.

Friday, June 22..... 8:30 A.M. – 4:00 P.M.
(4:00-4:30 P.M. Awards Ceremony—Parents invited)

..... **Activity # 360312-01**

Island Lake Park – Shelter #1

Enhance your child's ability to react safely to a variety of situations. Professional safety experts will teach safety practices and techniques. Bicycle helmets are required. Campers will explore issues concerning fire, water, bike, home, dangerous weather, and personal safety. Rate includes Safety Camp T-shirt, lunch, and a goody bag of safety-related materials. Register by June 18.

SUPERSITTER BABYSITTING CLINIC

Grades 5 to 7..... \$55; \$45 Shoreview Resident

Saturdays..... 8:00 A.M. – 12:30 P.M.

Mar. 24..... **Activity # 150101-02**

April 14..... **Activity # 150101-03**

May 12..... **Activity # 250101-01**

June 30..... **Activity # 350101-01**

July 21..... **Activity # 350101-02**

Aug. 18..... **Activity # 350101-03**

Shoreview Community Center

Both beginning and experienced sitters benefit from this comprehensive clinic. Instructors cover the basics of child care, first aid, sitter safety, crafts, kid proofing, toys, nutrition and more. Participants who successfully complete the program will receive a certificate of completion. Course fee includes sitter manual, and sitter sack to use on the job. To find out how to set up a class for your scout group, call 651-490-4766. Must have a minimum of 5 participants to run the class.

GROUP FITNESS

FITNESS REGISTRATION

Call for information: 651-490-4750

SPRING SESSION April 2 – June 10 (10 weeks)

SUMMER SESSION June 18 – Aug. 26 (10 weeks)

Welcome to Shoreview's group fitness classes. Shoreview Parks and Recreation Fitness program boasts the best equipment in the industry with two state-of-the-art fitness studios. Our classes utilize high-quality resistive equipment, and new, innovative program offerings. Our instructors are nationally certified and follow the standards and recommendations of nationally accredited fitness organizations.

Shoreview Fitness is committed to providing fitness opportunities for individuals of all ages, fitness levels, and health status. Most fitness classes are suitable for everyone, but there are also class options available for beginners and those looking for classes of lower intensity levels. Please feel free to call to find out which classes best suit your needs – 651-490-4750.

Annual Members receive 30% off group fitness classes listed on pp. 36-37 with the exception of Kids Yoga and Youth Fitness classes. Discount now available online!

FITNESS PUNCH CARDS

Give our fitness classes a try! This Punch Card will allow you to take five classes during the session. Note: if individual classes are full, Punch Card holders may not be able to participate. Drop-In class schedule will be available the first week of classes. Card does not include Tae Kwon Do classes.

Class	Rate	Spring Act#	Summer Act#
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Revvig, Hip Hop, Zumba® and Kettlebell	\$42; \$37 Shoreview Resident.....	210401-01	310401-01
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Yoga, Pilates, and Yopalates	\$47; \$42 Shoreview Resident.....	210402-01	310402-01
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All Other Fitness Classes	\$30; \$27 Shoreview Resident.....	210403-01	310403-01
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Available for purchase at Lower-Level Service Desk or Upper Parks and Recreation Desk during office hours.

DROP-IN RATES

Drop-in passes allow you to attend a class. Drop-in schedule will be available the first week of classes.

Yoga, Pilates, and Yopalates	\$10.50; \$9.50 Shoreview Resident
Revvig, Hip Hop, and Zumba® and Kettlebell\$9.50; \$8.50 Shoreview Resident
All Other Fitness Classes Drop-in Rate\$7; \$6 Shoreview Resident

MIND/BODY OPTIONS

Candlelight Yoga

A mind-body yoga class performed in the relaxing atmosphere of candlelight. Poses and breathing will emphasize relieving tension and increasing relaxation.

Core Fusion

If you're looking for a strong, toned, and graceful body then this class is for you. Core Fusion mixes body sculpting with flexibility, strength training and balance work. Core Fusion will build upon the influences of Yoga and Pilates, but don't expect to hear water falls in the background because this high-energy class will have you moving to the sounds of the top 40's in a non-stop low impact format.

Gentle Yoga

Gentle Yoga's unique blend of poses, breathing, and relaxation offers a natural remedy for the effects of aging by gradually increasing stamina, strength, and flexibility through the healing power of movement.

Mind/Body Yoga

Begin to experience a new awareness of yourself: body, mind, and spirit. This class is appropriate for those new to yoga or returning students. Mind/Body Yoga emphasizes flexibility, balance, and overall strength. Each class will teach stretching (asana), breath awareness (pranayama), and deep relaxation (meditation).

Pilates

Pilates is a method of body conditioning, a unique system of stretching and strengthening exercises developed over 90 years ago by Joseph Pilates. It strengthens and tones muscles, improves posture, provides flexibility and balance. Pilates unites body and mind and creates a more streamlined shape. **Intermediate Pilates requires basic knowledge and previous Pilates experience.**

Tai Chi for Health

Tai Chi is designed to improve mental and physical health through movement. Sun style Tai Chi, one of the four major recognized styles of Tai Chi, includes agile steps and exercises that may improve mobility, breathing and relaxation. The movements don't require deep bending or squatting, which makes it easier and more comfortable to learn.

Yoga Strength

Gain strength, stamina, and balance with this non-purist, athletic style of yoga. Bring your body and mind together for peak performance.

Yopalates

Try a great class that incorporates both the core strength component of Pilates and the relaxation techniques of yoga. An hour of working out the body and the mind.



STRENGTH OPTIONS

NEW! BOSU and Kettlebell

BOSU and kettlebell combines elements of step, strength, plyometric, and core training on the BOSU Balance Trainer with additional equipment including Kettlebells to provide a full-body cardiovascular, core, and strength workout.

Circuit

This low-impact class features non-stop, anything-but-boring and always-changing activity. You will get to use all of our group fitness “TOYS” as you alternate between cardio-strength exercises. This class will challenge your muscles in a variety of ways keeping your mind focused and body energized.

Classic Conditioning

Staying fit is important for people of all ages. Regular exercise can prevent the decreases in muscle mass, balance, flexibility, endurance, bone density, and the resulting aches and pains that are associated with aging and decreased activity. These classes will use a variety of exercises to safely help you improve your quality of life with an emphasis on improvements in cardiovascular health and muscular performance. Participants will experience increased energy levels and the group setting will provide the motivation that will encourage an active lifestyle.

NEW! Kettlebell Training

Kettlebell exercises develop strength, power, stamina and provide a full-body workout that will help you transform your body. Kettlebell classes will also incorporate non-kettlebell conditioning drills for an even greater challenge. (see page 39 for one-on-one kettlebell instruction).

Power Pump

Power Pump is a strength training workout targeting all of the major muscles to strengthen and tone you into shape. This class will utilize supersets, tempo changes, slow reps, and pulses that will challenge your body and save you some time in the gym. Equipment used includes a variable weight bar and selected weight plates. Dumbbells and bands will hit those forgotten muscles. For the best results, two times per week is suggested. Power Pump is suitable for everyone from beginners to advanced strength trainers. Resistance training not only increases strength and performance in activities and sports, it also helps decrease the occurrence of injuries and can prevent conditions such as arthritis and osteoporosis. Classes great for all levels.

FOR INFORMATION CALL 651-490-4750

Strength Training

This basic strength class uses hand weights, resistance bands, stability balls and more to strengthen every major muscle group in your body. Everyone works at their own ability and chooses their own weight loads and resistance levels. Whether you are trying to increase your bone density, build strength, or tone your body.

Total Body Workout

Work all of your muscles in this total body workout. It will challenge your agility, speed, strength, and endurance. Classes will include a variety of weights, bodyweight exercises, conditioning drills, cycling, kickboxing, core work, kettlebells and more. Come ready to work!

CARDIO OPTIONS

Boot Camp

Boot Camp is the definition of workout variety, including kettlebells, free weights, step, BOSU, and sports agility equipment to complete a high intensity total body workout. This is the perfect class for those who enjoy group fitness as a means to push workouts to the next level without the feel of typical aerobics classes.

Cardio Groove

Get your groove on in this “hi-lo” impact class. As you move to your favorite hits you will increase your endurance level and burn fat. Class begins with a warm-up to prepare for 35 minutes of easy-to-learn dance and aerobics combinations. Before you know it, you will be cooling down and finishing with a core workout.

Cardio Kickboxing

A dynamic and energetic class that combines kicks, jabs, and strong arm and leg work to warm you up and keep you moving. A great way to strengthen muscles and burn body fat.

Latin Hip Hop

Latin Hip Hop is a high energy workout that takes Latin dance movements and adds a twist of hip hop. This class will get you in the groove with the combination of Hip Hop and Latin dance combos that are designed for all levels and produce a high level of energy expenditure. Showcase your versatility and passion with a smooth, fun routine that everyone can enjoy. All levels welcome!

Revvig

Cycling is an activity that produces one of the highest rates of calorie expenditure. Revvig is an indoor group cycling class that is fun, challenging, and accommodates all fitness levels, using revolutionary group exercise cycles. This energetic class consists of a continuous bike ride set to up-beat music with “hill climbs” and sprints mixed in to simulate cycling outdoors. The resistance of the stationary revvig bikes is adjustable to accommodate all levels and intensities.

CLASS DESCRIPTIONS

CARDIO OPTIONS, cont.

Step and Strength

This class provides benefits in cardio fitness, fat burning, and strength training. This is a great cross-training class that utilizes an adjustable step and resistance equipment. All levels and abilities are encouraged to participate. This class will keep you moving and motivated.

Step It Up!

Start out with some basic step moves to get warmed up. The next step is to learn some fun patterns, combinations, and movements on an adjustable height step to meet all levels of endurance. Class ends with a cool down and core exercises.

NEW! Tabata

Tabata classes apply the Tabata Protocol of interval training to strength training, plyometrics, total body, and additional training methods to provide a high intensity workout. Participants will find that Tabata is a highly efficient means of exercise that will give them the best results in the shortest time. Due to the structure of the Tabata Protocol class will be 30 minutes in length.

Zumba®

Zumba® fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Achieve long term health benefits and experience an hour of caloric-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! The routines feature interval training sessions where fast and slow rhythms, and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got Zumba®!

Zumba Gold®

Zumba Gold® is an innovative, fun and exciting class designed for the active older adult, the true beginner, people who are not used to exercising, or those who may be limited physically. Compared to the regular Zumba® class Zumba Gold® is done at a lower pace and intensity, but is just as fun. The same great Latin styles of music and dance are used including Merengue, Salsa, Cha Cha, Salsa, Rock & Roll, Flamenco, and Tango. Zumba Gold® instructors ensure that the routines are easy to learn and follow for participants of all abilities and ages so that success can be achieved quickly and participants can have FUN!

NEW! Zumba Toning®

Zumba Toning® combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba® moves to create a calorie-torching, strength-training dance fitness-party. Students learn how to use hand weights to enhance rhythm and tone all their target zones, including arms, abs, glutes and thighs. Zumba Toning® is the perfect way for enthusiasts to sculpt their bodies naturally while having a total blast.

WATER OPTIONS

Aqua Flow

This lower-intensity water exercise class is designed to accommodate individuals desiring a class of lower intensity than Aqua Splash as well as those with conditions that may limit exercise capabilities. Aqua Flow is taught in a group setting with exercises and activities designed to develop muscular strength, muscular endurance, and improve range of motion.

Aqua Splash

Let our instructor lead you through a safe, low-impact workout in a comfortable water environment. The water's natural resistant properties help you increase overall muscle strength and endurance while conditioning your cardiovascular system.

Arthritis Foundation Aquatic Program®

The Arthritis Foundation Aquatic Program® is a shallow water exercise program designed for people of all ages living with arthritis, rheumatic disease and related musculoskeletal conditions. Participants will experience the benefits of water exercise including improvements in cardiovascular endurance, muscular strength, and motor skills. Classes include exercises and education that will assist in the development of wellness and a healthy lifestyle. Joint protection, energy conservation, and relaxation are included in each class to offer solutions for symptoms and improvements in self-sufficiency and range of motion.

Water Classes

All water classes are held in the Shoreview Community Center pool. The pool depth never exceeds 4½ feet, and the water temperature is regulated for maximum comfort. Swimming ability is not required—the gentle slope of the pool allows each participant to work at an appropriate depth.





SILVERSNEAKERS® OPTIONS

SilverSneakers® group exercise classes offer you the best opportunity to stay on track toward your health and fitness goals. Our signature classes are designed specifically for older adults and taught by specially trained, certified instructors. You are sure to find a class that suits your need and abilities.

Any participant may register for these classes, however, these classes are only free to SilverSneakers® members.

SilverSneakers® Muscular Strength & Range of Movement (MSROM)

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers® ball are offered for resistance. A chair is used for seated and/or standing support.

SilverSneakers® Cardio Circuit

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers® ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises.

SilverSneakers® YogaStretch

YogaStretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

SilverSplash®

Activate your aqua urge for variety! SilverSplash® offers lots of fun shallow-water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers® kickboard is used to develop strength, balance and coordination.

PRENATAL OPTIONS

PreNatal Yoga

Classic yoga poses have been selected specifically to help relieve the aches and pains of pregnancy. Each pose is safe to perform throughout all trimesters of pregnancy and participants will find the breathing techniques and pelvic floor exercises valuable during labor and delivery.

PreNatal Exercise

PreNatal Exercise will provide pregnant and nursing mothers exercises to improve the health of the mother and baby during and following pregnancy. Intensity levels and exercises will be modified to ensure maximum safety and benefits for participants. The class will include strength training, pelvic floor and abdominal exercises, and cardiovascular exercise appropriate for pregnant and nursing mothers.

NOTES ABOUT GROUP FITNESS CLASSES:

- Refunds are issued for medical reasons only.
- Participants are encouraged to register at least one week prior to the start of the session to prevent classes from being cancelled due to low enrollments.
- Membership is not required to register for our fitness classes!
- Annual Community Center members receive a 30% discount off group fitness class registration fees (exclusions apply).
- Fitness class attendance for members is applicable to the minimum monthly visits required by insurance providers to receive insurance reimbursements.
- All classes are 50 minutes unless indicated.
- For updated class times and locations, please see schedules available on-line and at the Community Center.
- Minimum age is 14. Ages 12 & 13 may sign up with a parent/guardian.

REGISTER EARLY AND SAVE YOUR SPOT IN CLASS!

Participants are encouraged to register at least one week prior to the start of the session to prevent classes from being cancelled due to low enrollments.

For updated class times and locations, please see schedules available on-line and at the Community Center.

Annual Community Center members receive 30% off group fitness classes listed on the schedule on pages 36-37 with the exception of Kid's Yoga.

GROUP SCHEDULE-MORNING CLASSES

All classes are 50 minutes unless otherwise indicated.

Time	Class	Spring Rate Shrvw Res.	Spring Activity#	Sum. Rate Shrvw Res.	Summer Activity#
MONDAY		(No class May 28)			
5:35 A.M.	Total Body Workout	\$48/\$43	210502-01	\$53/\$48	310502-01
7:30 A.M.	Aqua Splash	—	—	\$53/\$48	310522-01
8:15 A.M.	Silver Splash SilverSneakers®	\$48/\$43	210162-01	—	—
8:30 A.M.	Classic Core Conditioning	\$48/\$43	210539-01	\$53/\$48	310539-01
8:30 A.M.	MuscularStrength& ROM SilverSneakers®	\$48/\$43	210161-01	\$53/\$48	310161-01
9:15 A.M.	Aqua Splash	\$48/\$43	210522-01	—	—
9:30 A.M.	Circuit	\$48/\$43	210505-01	\$53/\$48	310505-01
9:30 A.M.	Core Fusion	\$48/\$43	210531-03	\$53/\$48	310531-03
11:40 A.M.	Mind/Body Yoga	\$74/\$67	210506-01	\$82/\$75	310506-01
TUESDAY					
5:35 A.M.	Core Fusion	\$53/\$48	210531-04	\$53/\$48	310531-04
6:45 A.M.	Kettlebell Training (45min)	\$70/\$64	210528-01	\$70/\$64	310528-01
7:30 A.M.	Aqua Splash	—	—	\$53/\$48	310522-03
8:30 A.M.	Mind/Body Yoga	\$82/\$75	210506-02	\$82/\$75	310506-02
8:30 A.M.	Power Pump	\$53/\$48	210523-02	\$53/\$48	310523-02
9:15 A.M.	Aqua Splash	\$53/\$48	210522-03	—	—
9:30 A.M.	Step It Up	\$53/\$48	210516-01	\$53/\$48	310516-01
9:30 A.M.	Tai Chi for Health	\$53/\$48	210235-01	\$53/\$48	310235-01
10:40 A.M.	Zumba Gold®	\$53/\$48	210544-05	\$53/\$48	310544-05
11:40 A.M.	Strength Training	\$53/\$48	210541-01	\$53/\$48	310541-01
12:45 P.M.	Gentle Yoga	\$82/\$75	210166-01	\$82/\$75	310166-01
1:40 P.M.	MuscularStrength& ROM SilverSneakers®	\$53/\$48	210161-03	\$53/\$48	310161-03
2:00 P.M.	Kids Yoga	—	—	\$45/\$40	310245-02
WEDNESDAY		(No class July 4)			
5:35 A.M.	Total Body Workout	\$53/\$48	210502-02	\$48/\$43	310502-02
7:30 A.M.	Aqua Splash	—	—	\$48/\$43	310522-05
8:30 A.M.	MuscularStrength& ROM SilverSneakers®	\$53/\$48	210161-02	\$48/\$43	310161-02
8:30 A.M.	Classic Cardio Conditioning	\$53/\$48	210539-02	\$48/\$43	310539-02
9:15 A.M.	Aqua Splash	\$53/\$48	210522-05	—	—
9:30 A.M.	Cardio Circuit SilverSneakers®	\$53/\$48	210165-01	\$48/\$43	310165-01
9:30 A.M.	Zumba®	\$70/\$64	210544-07	\$64/\$58	310544-07
10:30 A.M.	Revving	\$70/\$64	210512-04	—	—
10:30 A.M.	Yoga Stretch – SilverSneakers®	\$53/\$48	210163-03	\$48/\$43	310163-03
THURSDAY					
5:35 A.M.	Core Fusion	\$53/\$48	210531-02	\$53/\$48	310531-02
6:45 A.M.	Kettlebell Training (45min)	\$70/\$64	210528-02	\$70/\$64	310528-02
7:30 A.M.	Aqua Splash	—	—	\$53/\$48	310522-07
8:15 A.M.	Aqua Flow	\$53/\$48	210521-01	—	—
8:30 A.M.	Pilates	\$82/\$75	210507-02	\$82/\$75	310507-02
8:30 A.M.	Power Pump	\$53/\$48	210523-06	\$53/\$48	310523-06
9:15 A.M.	Aqua Splash	\$53/\$48	210522-07	—	—
9:30 A.M.	Step It Up	\$53/\$48	210516-04	\$53/\$48	310516-04
9:30 A.M.	Mind/Body Yoga	\$82/\$75	210506-07	\$82/\$75	310506-07
10:40 A.M.	Zumba Gold®	\$53/\$48	210544-11	\$53/\$48	310544-11
11:40 A.M.	Strength Training	\$53/\$48	210541-02	\$53/\$48	310541-02
12:45 P.M.	Gentle Yoga	\$82/\$75	210166-02	\$82/\$75	310166-02
1:40 P.M.	MuscularStrength& ROM SilverSneakers®	\$53/\$48	210161-04	\$53/\$48	310161-04
FRIDAY					
5:35 A.M.	Total Body Workout	\$53/\$48	210502-03	\$53/\$48	310502-03
7:30 A.M.	Aqua Splash	—	—	\$53/\$48	310522-09
8:15 A.M.	Silver Splash SilverSneakers®	\$53/\$48	210162-02	—	—
8:30 A.M.	Classic Strength Conditioning	\$53/\$48	210539-03	\$53/\$48	310539-03
9:15 A.M.	Aqua Splash	\$53/\$48	210522-09	—	—
9:30 A.M.	Circuit	\$53/\$48	210505-03	\$53/\$48	310505-03
9:30 A.M.	Zumba®	\$70/\$64	210544-08	\$70/\$64	310544-08
10:30 A.M.	Yoga Stretch - SilverSneakers®	\$53/\$48	210163-02	\$53/\$48	310163-02
SATURDAY					
8:15 A.M.	Revving (No class June 2)	\$64/\$58	210512-08	\$70/\$64	310512-08
8:30 A.M.	Zumba®	\$70/\$64	210544-06	\$70/\$64	310544-06
9:15 A.M.	Kids Yoga	\$45/\$40	210245-01	\$45/\$40	310245-01
9:30 A.M.	Power Pump	\$53/\$48	210523-09	\$53/\$48	310523-09
9:30 A.M.	Kettlebell Training (45min)	\$70/\$64	210528-04	\$70/\$64	310528-04
10:30 A.M.	Mind Body Yoga	\$82/\$75	210506-04	\$82/\$75	310506-04
10:30 A.M.	NEW! Zumba Toning®	\$70/\$64	210544-01	\$70/\$64	310544-01
SUNDAY					
8:30 A.M.	Revving	\$70/\$64	210512-09	—	—
1:00 P.M.	Latin Hip Hop	\$70/\$64	210545-01	\$70/\$64	310545-01

GROUP SCHEDULE-EVENING CLASSES

All classes are 50 minutes unless otherwise indicated.

Time	Class	Spring Rate Shrvw Res.	Spring Activity#	Sum. Rate Shrvw Res.	Summer Activity#
MONDAY		(No class May 28)			
4:10 P.M.	Zumba®	\$64/\$58	210544-02	\$70/\$64	310544-02
5:20 P.M.	Step and Strength	\$48/\$43	210514-01	\$53/\$48	310514-01
5:20 P.M.	Total Body Workout	\$48/\$43	210502-05	\$53/\$48	310502-05
6:25 P.M.	Cardio Groove	\$48/\$43	210504-01	\$53/\$48	310504-01
6:30 P.M.	Revvng	\$64/\$58	210512-01	\$70/\$64	310512-01
6:25 P.M.	Core Fusion	\$48/\$43	210531-01	\$53/\$48	310531-01
7:30 P.M.	Power Pump	\$48/\$43	210523-04	\$53/\$48	310523-04
7:30 P.M.	Zumba®	\$64/\$58	210544-10	\$70/\$64	310544-10
8:35 P.M.	Aqua Splash	\$48/\$43	210522-02	\$53/\$48	310522-02
TUESDAY					
4:00 P.M.	Silver Splash - SilverSneakers®	\$53/\$48	210162-03	—	—
4:15 P.M.	PreNatal Exercise	\$70/\$64	210510-01	—	—
5:05 P.M.	Aqua Splash	\$53/\$48	210522-04	\$53/\$48	310522-04
5:20 P.M.	Mind/Body Yoga	\$82/\$75	210506-03	\$82/\$75	310506-03
5:20 P.M.	Power Pump	\$53/\$48	210523-03	\$53/\$48	310523-03
6:25 P.M.	Pilates	\$82/\$75	210507-03	\$82/\$75	310507-03
6:25 P.M.	Cardio Kickboxing	\$53/\$48	210501-01	\$53/\$48	310501-01
7:30 P.M.	Total Body Workout	\$53/\$48	210502-04	\$53/\$48	310502-04
7:30 P.M.	NEW! BOSU and Kettlebell	\$53/\$48	210542-01	\$53/\$48	310542-01
WEDNESDAY		(No class July 4)			
4:00 P.M.	NEW! Kettlebell Training (45min)	\$70/\$64	210528-03	\$64/\$58	310528-03
5:15 P.M.	Step It Up	\$53/\$48	210516-03	\$48/\$43	310516-03
5:20 P.M.	Yogalates	\$82/\$75	210525-02	\$74/\$67	310525-02
6:00 P.M.	Boot Camp	\$53/\$48	210532-02	\$48/\$43	310532-02
6:25 P.M.	Revvng	\$70/\$64	210512-05	\$64/\$58	310512-05
6:30 P.M.	Power Pump	\$53/\$48	210523-05	\$48/\$43	310523-05
7:05 P.M.	Mind-Body Yoga (75minutes)	\$82/\$75	210506-06	\$74/\$67	310506-06
7:30 P.M.	Zumba®	\$70/\$64	210544-09	\$64/\$58	310544-09
8:35 P.M.	Aqua Splash	\$53/\$48	210522-06	\$48/\$43	310522-06
THURSDAY					
4:00 P.M.	Arthritis Foundation Aquatic Program	\$53/\$48	210164-02	—	—
4:15 P.M.	Revvng	\$70/\$64	210512-03	—	—
4:30 P.M.	NEW! Tabata (30 minutes)	—	—	\$53/\$48	310513-01
5:05 P.M.	Aqua Splash	\$53/\$48	210522-08	\$53/\$48	310522-08
5:20 P.M.	Yoga Strength	\$82/\$75	210524-01	\$82/\$75	310524-01
5:20 P.M.	Power Pump	\$53/\$48	210523-07	\$53/\$48	310523-07
6:25 P.M.	Cardio Kickboxing	\$53/\$48	210501-03	\$53/\$48	310501-03
6:25 P.M.	Pilates (Intermediate)	\$82/\$75	210511-01	\$82/\$75	310511-01
7:30 P.M.	Mind-Body Yoga	\$82/\$75	210506-05	\$82/\$75	310506-05
7:30 P.M.	Zumba®	\$70/\$64	210544-03	\$70/\$64	310544-03
FRIDAY					
4:30 P.M.	Zumba®	\$70/\$64	210544-04	\$70/\$64	310544-04
SUNDAY		(No class May 6)			
5:00 P.M.	NEW! Zumba®	\$64/\$58	210544-13	\$70/\$64	310544-13
5:00 P.M.	Candlelight Yoga	\$74/\$67	210537-01	\$82/\$75	310537-01
6:15 P.M.	PreNatal Yoga	\$74/\$67	210508-01	\$82/\$75	310508-01



PERSONAL TRAINING

CERTIFIED PERSONAL TRAINING

Personal Training can benefit anyone regardless of physical condition or age. A trainer can plan a safe, effective program and provide the one-on-one instruction to ensure that you are using proper form and technique, exercising at the appropriate intensity, and maximizing the effectiveness of your workout to achieve your health and fitness goals. Personal Trainers serve as a coach, educator, and a major source of motivation and encouragement to help you overcome obstacles and stick to your program.

Goals Achieved Through Personal Training:

- Reach and maintain a healthy weight
- Reduce body fat and build muscle
- Shape and tone your body
- Improve strength and cardiovascular fitness
- Recover from an injury

Personal trainers will:

- Identify realistic goals and determine safe strategies to achieve those goals
- Customize a program to fit your ability and health status
- Monitor progress & adapt your routine for consistent improvement
- Educate you on fitness principles and correct form to aid in progress and prevent injuries
- Achieve maximum results in minimum time
- Provide the encouragement and accountability you need.

How many sessions do I need?

Some people may want personalized training 2 to 3 times a week, which makes them more likely to stick to their program because they are accountable to someone else for their exercise time. Others prefer to see a trainer periodically to update their exercise program or for fitness testing to receive feedback on their progress. Personal Training comes in packages of 1, 3, 6 and 12 sessions.

Trainer biographies are posted outside of the Fitness Center across from Studio 2 and at www.shoreviewmn.gov.

Call 651-490-4768 for more information.

What is a Fitness Assessment?

Assessments are used to determine your current level of fitness. Measurements and tests taken during assessments will be specific to the goals of the individual and may include body measurements, body fat calculations, resting heart rate and/or blood pressure, flexibility testing, muscular strength and/or endurance testing, posture assessment, cardiovascular testing, and sports-specific tests. You can register for a fitness assessment without signing up for personal training, however, assessments are included in personal training packages of 3, 6, and 12 sessions.

WWW.SHOREVIEWMN.GOV

GET FIT! BODY CHALLENGE

SPRING SESSION

April 2 – May 29* (8 weeks)..... **Activity # 210239-01**
\$349 per session

***Membership to the community center is required to use the facility when not participating in group fitness classes or group/personal training sessions.*

The Body Challenge is a fitness and weight loss program that combines fitness classes, group training sessions, weekly individual exercise prescription, and nutrition consultations.

Support from fellow participants and accountability through the personal training staff will help keep you committed to your goals. The Fall Get Fit! Body Challenge takes place during the holiday season which not only allows participants to prevent the inactivity and weight gain that commonly occurs during these months, but also produces improvements in body composition. Participants of past Body Challenge programs have experienced substantial improvements in body measurements and weight loss of one to three pounds per week!

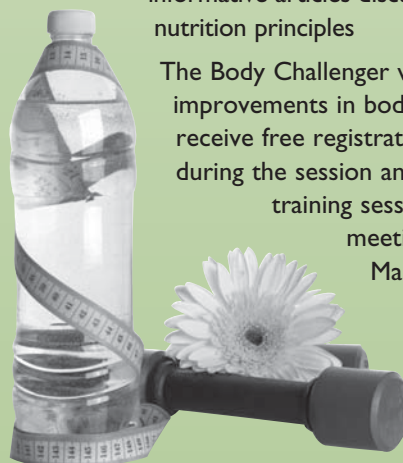
Program includes:

- Free access to group fitness classes at the Community Center
- A weekly small group training session with a personal trainer
- Pre and Post body measurements
- Tracking of physical activity, nutrition, and progress towards goals

Each week participants will receive:

- analysis and feedback on exercise and nutrition logs
- exercise recommendations from a personal trainer
- suggestions and tips for improved nutrition habits
- informative articles discussing exercise and nutrition principles

The Body Challenger with the greatest improvements in body measurements will receive free registration to a fitness class during the session and two free personal training sessions. Informational meeting
March 29 at 5:00 p.m.



COMMUNITY CENTER MEMBER EQUIPMENT ORIENTATION (Individual or Group)

FREE to members age 14 and older

All members of the community center are encouraged to attend a fitness equipment orientation.

Participants will be introduced to the Fitness Center equipment and our fitness staff will teach you how to properly utilize the strength and cardiovascular equipment with correct form and provide guidelines for safe exercise and improved fitness. The schedule and sign-up sheet for equipment orientations is located on the desk in the fitness center. For more information call 651-490-4740.

INDIVIDUAL TEEN EQUIPMENT ORIENTATION

Required for ages 12 and 13

\$40; \$35 Shoreview Res. **Spring Activity # 210299-01**

\$40; \$35 Shoreview Res. **Summer Activity # 310299-01**

Shoreview Community Center

The Teen Equipment Orientation provides 12 and 13 year olds the opportunity to learn proper form and appropriate guidelines for strength and cardiovascular exercises. A personal trainer will teach participants proper methods of strength training and cover an informational packet that provides a beginning strength training program and guidelines for cardiovascular exercise. Parents are welcome and questions are encouraged. Adolescent exercise is safe and effective when proper form is used and appropriate guidelines are followed. The Teen Equipment Orientation is required for 12 and 13 year olds to use the fitness center. Registration forms are available at the front desk and lower level service desk. The schedule and sign-up sheet for teen equipment orientations is located on the desk in the fitness center, or call 651-490-4768 to find out more.

ATTENTION RUNNERS! — RACE TRAINING

Are you ready to take your running to the next level? Come and train with other runners for your upcoming race. Get individualized training programs and coaching from a certified personal trainer. Sessions will include workouts such as long runs, tempo runs, speed training and plyometric exercises. You will also receive education on proper nutrition, running techniques, heart rate zone training and more. Whether your race is a 5k, 10k, ½ or full marathon or another road racing event if you are ready to race faster and run harder then sign up today! (Call 651-490-4768 to find out information regarding start dates and group training times).

KETTLEBELL TRAINING

A kettlebell is a weighted iron ball with a handle attached to it. In addition to traditional strength training exercises, kettlebells can be used to perform “swings”, “presses”, and a variety of other dynamic movements that require all of the muscles of the body to work together. You can expect to increase strength, power, coordination and stamina while developing all of the muscles of the upper and lower body. One-on-one Kettlebell Training is available in packages of 1, 3, 6 and 12 sessions. Small group training sessions are also available and can be scheduled by calling 651-490-4768.



MOONLIGHT YOGA

\$10 per class*

Monday, May 7, 8:00 P.M. **Activity #310550-01**

Monday, June 4, 8:30 P.M. **Activity #310550-02**

Monday, July 2, 8:30 P.M. **Activity #310550-03**

Monday, August 6, 8:00 P.M. **Activity #310550-04**

Monday, September 3, 7:00 P.M. **Activity #310550-05**

Take your mind/body Yoga practice outside with Yoga in the moonlight. The moon will be in near full-phase on these evenings and will provide a natural source of light and contribute to the mind/body experience of Yoga. Classes will be held outside on the east side of the community center next to the pavilion. In the event of inclement weather, class will be held indoors and “moonlight” will be simulated.

* *Punch Card not valid for this class. Participants may pre-register or purchase a non-resident yoga drop-in pass at the service desk on the day of class.*

MARTIAL ARTS

Traditional Tae Kwon Do

Tae Kwon Do emphasizes both physical and mental discipline unlike any other martial arts program. Classes will teach kicking, punching, striking, and blocking techniques through the philosophy and discipline of traditional Tae Kwon Do. While learning self defense, you will develop both physically and mentally. You will improve your stamina, strength, speed, agility, coordination, flexibility, balance, reflexes, concentration and confidence. Classes are taught by certified instructors of Sun Yi's Academy of Traditional Tae Kwon Do.

FAMILY DISCOUNT

\$15 off for second family member
\$25 off for third family member

BEGINNER CLASS

Tuesdays and Thursdays 6:00 P.M. – 7:00 P.M.

SPRING A March 27 – May 3 (6 weeks)

\$90; \$82 Shoreview Resident **Activity # 210230-01**

SPRING B May 8 – June 7 (5 weeks)

\$76; \$68 Shoreview Resident **Activity # 210232-01**

SUMMER A June 12 – July 19 (no class July 5, 5.5 weeks)

\$83; \$75 Shoreview Resident **Activity # 310230-01**

SUMMER B July 24 – August 23 (5 weeks)

\$76; \$68 Shoreview Resident **Activity # 310232-01**

For ages 7 and older. This class is designed for individuals and families and will teach basic principals and techniques. Small groups or individual attention will be provided as necessary if varying skill levels are apparent. Wear loose fitting clothing. You do not need a uniform for this class.

ADVANCED CLASS

Tuesdays and Thursdays 7:00 P.M. – 8:00 P.M.

SPRING A March 27 – May 3 (6 weeks)

\$90; \$82 Shoreview Resident **Activity # 210231-01**

SPRING B May 8 – June 7 (5 weeks)

\$76; \$68 Shoreview Resident **Activity # 210233-01**

SUMMER A June 12 – July 19 (no class July 5, 5.5 weeks)

\$83; \$75 Shoreview Resident **Activity # 310231-01**

SUMMER B July 24 – August 23 (5 weeks)

\$76; \$68 Shoreview Resident **Activity # 310233-01**

For ages 7 and older who have completed the beginner class. This class will further the student's skills for powerful self defense. (Students must attend the beginner class prior to taking the advanced class even if they have Tae Kwon Do experience. Promotion to the advanced class may be determined at the instructor's discretion.) A uniform is required and available through the instructor.

KIDS FITNESS

KIDS' YOGA

Ages 5 and up

SPRING

Saturdays, April 7 – June 9 (10 weeks).... 9:15 A.M. – 10:15 A.M.
\$45; \$40 Shoreview Resident **Activity # 210245-01**

SUMMER

Tuesdays, June 19 – Aug. 21 (10 weeks).... 2:00 P.M. – 2:45 P.M.
\$45; \$40 Shoreview Resident **Activity # 310245-01**

Saturdays, June 23 – Aug. 25 (10 weeks) 9:15 A.M. – 10:15 A.M.
\$45; \$40 Shoreview Resident **Activity # 310245-02**

Shoreview Community Center

Yoga is an excellent, non-competitive form of exercise for children combining flexibility and strength using their own body weight. This encourages children to learn to listen to their bodies. Using breathing techniques with yoga poses helps children learn how to balance and manage their emotions and daily challenges.

CHEER AMERICA

Ages 4 to 16 Thursdays

SPRING: Feb. 16 – Apr. 19 (10 weeks);

SUMMER: June 14 – Aug. 28 (10 weeks)

6:00–6:45 P.M. (ages 4 to 8), 7:00–7:45 P.M. (ages 9 to 16)
\$6 per week; one time registration fee of \$4

Shoreview Community Center

Cheer America is an exciting cheerleading and dance program for children ages 4 to 16. Students learn popular cheers, chants, jumps, leaps, choreographed pom pom/dance routines, parade marching techniques, and other skills involved in performances, competitions and school cheerleading team tryouts. This program promotes coordination and physical fitness, self-esteem, and teamwork. Join us on the last class day for a recital. Register any time! **Summer registration and information session: June 7, 6:00 P.M. – 7:00 P.M.**

ZZ DANCE & CHEER

ZZ Dance and Cheer brings energy, originality, fabulous choreography, and reasonable prices to the realm of dance studios. Instructors Christina and Nicole Zauhar have been dancing since they were 3 and 2. Combined, they have over 13 years of instructing experience in both dance and cheerleading. They believe that dancing, cheering, and performing should, above all things, be fun!

For class schedules, pricing, and registration information please use one of the following options:

- 1) visit: www.zzdanceandcheer.org
- 2) call: 651-757-0634
- 3) email: zzdanceandcheer@live.com

KIDS CARE

Kids Care provides a stimulating and safe environment for your child to explore and interact with other children while you enjoy the amenities of the Shoreview Community Center.

Hours

Monday – Saturday 8:00 A.M. – 12:30 P.M.
 Monday - Thursday 4:00 P.M. – 8:30 P.M.
 Friday 4:00 P.M. – 8:00 P.M.
 Closed May 28 and July 4

Rate

\$1 per hour per child (no pro-rating for partial hours)

Care is provided for children 6 months to 8 years of age. Maximum stay is 2 hours. Parents must remain in the building. No reservations required. Children are taken on a first-come, first-served basis. Kids Care phone number: 651-490-4763.



Grades K-8 (during the 2011-12 School Year)
 June 11 – August 31, 2012

Are you looking for a safe and fun place to send the kids during the summer? Look no further than Shoreview Parks and Recreation Summer Discovery Program! This 12 week summer child care program offers your child the opportunity to have a fun-filled, jam-packed summer while under the guidance of highly qualified staff. Each week will have many activities for your child, including a weekly field trip, swimming 3 days per week, games, crafts, and enrichment classes. Flexible scheduling available with the ability to register for 3, 4 or 5 days per week.

*Registration will begin Thursday, March 1, 2012, beginning at 8:00 A.M. Registration materials are available February 1 online or by calling 651-490-4750.



KIDS CORNER PRESCHOOL

2012-2013 School Year

Our preschool program offers your 2½-5 year old child a variety of fun and educational activities designed to stimulate their social and intellectual development as they move along the road to Kindergarten. School Year Dates are September 10, 2012

– May 24, 2013. **To determine class availability and for a registration**

form please call 651-490-4750 or visit our website.

A \$50 non-refundable registration fee is required at the time of registration. This fee is not applied toward tuition.

* Registration is currently open. Registration not available on-line. Must register in person.



MONDAY FUNDAY

Morning Monday Funday..... 9:00 A.M. – 10:30 A.M.

Afternoon Monday Funday..... 11:00 A.M. – 12:30 P.M.

\$52/month; \$47/month Shoreview Resident

Calling all 2½ to 3-year olds! You are invited to a preschool class packed full with fun activities. Our class time will include dramatic play, storytelling, music and art projects. Children must be 3 years old by January 1, 2013.

FRIDAY FUNDAY

Morning Friday Funday..... 9:00 A.M. – 10:30 A.M.

Afternoon Friday Funday..... 11:00 A.M. – 12:30 P.M.

\$49/month; \$44/month Shoreview Resident

A special class just for 2½ to 3-year olds! This preschool class is packed full with fun activities. Our class time will include dramatic play, storytelling, music and art projects. Class curriculum will vary from the Monday Funday class. Children must be 3 years old by January 1, 2013.

TINY TREASURES

Wednesday & Friday..... 9:00 A.M. – 11:30 A.M.

\$103/month; \$98/month Shoreview Resident

Children ages 3 to 4 will enjoy a morning of educational activities and fun. This preschool class emphasizes the development of fine and large motor coordination, introducing shapes, colors, numbers, and letters. The program will include dramatic play, music, story time, a snack, creative movement, and arts and crafts. A half-hour of gym time is also included. Children must be 3 by September 1, 2012.

ABC'S & 123'S

Tuesday & Thursday..... 1:00 P.M. – 3:30 P.M.

\$108/month; \$103/month Shoreview Resident

This preschool class is designed for 3 and 4 year olds. Students will have fun learning about letters and numbers in a nurturing environment. Class time will include early learning activities, creative movement, finger plays, songs, story time, and science activities. A half-hour of gym time is also included. Children must be 3 by September 1, 2012.

ALPHA KIDS

Tuesday & Thursday..... 9:00 A.M. – 12:00 P.M.

\$118/month; \$113/month Shoreview Resident

Designed for 4 to 5 year olds as a final step in preparation for Kindergarten. Students will focus on pre-reading and pre-arithmetic skills along with social skills in a fun and supportive environment. The confidence of understanding how to relate in a classroom setting along with basic education will aid children in the next educational step. A half-hour of gym time each week will be included. Children need to be 4 years old by September 1, 2012.

STEPPING STONES

Monday, Wednesday, Friday..... 12:30 P.M. – 3:30 P.M.

\$154/month; \$149/month Shoreview Resident

This afternoon preschool class will offer your 4 to 5 year old a chance to prepare for his or her next step in a warm and loving environment. Ideal for students who are stepping into Kindergarten during the following school year. We'll center our learning around activities highlighting pre-reading, pre-science, and pre-arithmetic skills. A half-hour of gym time is included. Children must be 4 years old by Sept. 1, 2012.





BUSY BUDDIES

Monday 9:00 A.M. – 11:30 A.M.
\$83/month; \$77/month Shoreview Resident

This class will offer 3 to 5 year old children a variety of activities within our Community Center. Eight week sessions of swim lessons will be included in the fall, winter & spring, a variety of enrichment activities, as well as gym time, class time for singing, finger plays, stories, a snack & craft. Children must be 3 by September 1, 2012.

BOOKENDS

Tuesday 6:00 P.M. – 7:30 P.M.
\$52/month; \$47/month Shoreview Resident

This literature based preschool class is designed for your 3 to 5 year olds to enjoy the wonderful world of books. This class includes time for storytelling, dramatic play, music, snacks, arts and crafts, and creative movement. Children must be 3 by September 1, 2012.

INVESTIGATORS

Wednesday 9:00 A.M. – Noon
\$70/month; \$65/month Shoreview Resident

This preschool class will give your 4 to 6 year olds an opportunity to discover the world the science and all of its wonders. This class will include time for individual and group discovery, art projects, snacks, sharing, creative movement and occasional outdoor activities. Children must be 4 by September 1, 2012. Kindergarteners are welcome.

Register Now!

OCEAN'S OF FUN

Ages 3 to 5

Monday, March 12 6:00 – 7:30 P.M.
\$12; \$10 Shoreview Resident **Activity # 170112-01**

Shoreview Community Center

Join us as we dive in to the deep blue sea and learn more about the tenants of our amazing oceans. Cast your line and be prepared to get hooked on a variety of marine crafts and activities. This is a parent/child class hosted by Kids Corner Preschool. Register early – space is limited! Fee includes parent and child.

EXPLORERS

Ages 4 and 5

Saturdays 9:00 A.M. – 11:00 A.M.
\$50; \$45 Shoreview Resident

April 14 – May 19 **Activity # 270301-01**

Your 4 to 5 year olds will love exploring a variety of exciting themes in this preschool class. We will take a journey back in time to visit the land of dinosaurs, hop on a spaceship to discover outer space, spend some time on the farm, and many other adventures. Class time will include projects, music, dramatic play, and snacks.



2011-2012 CLASSES

For information on class availability during the current 2011-12 school year, please call 651-490-4750.

TUMBLING

Tumbling

Saturdays for 8 weeks

Children will discover the sport of tumbling within a positive, educational atmosphere. Along with athletics, participants will learn self-discipline and have fun. Please register your child in the appropriate skill level; this will ensure that all participants learn as much as possible. For answers to your questions about placement, call 651-490-4750. Parents are invited to observe the final class.

TODDLER AND PARENT

Ages 2 and 3 \$77; \$67 Shoreview Resident

Saturdays..... 9:45 A.M. – 10:30 A.M.

March 24 – May 19 (no class April 7)..... **Activity # 280101-01**

A fast-paced class for energetic 2 and 3 year old toddlers to explore their motor skills. This class is an excellent opportunity for youngsters to safely increase body awareness and coordination. The loose structure of this class allows children to acquire skills according to their own abilities and interests. One child per adult. Parent participation and support are part of the class. No siblings will be allowed on gymnastics equipment.



TUMBLING TYKES

Ages 3 and 4 \$77; \$67 Shoreview Resident

Saturdays..... 10:45 A.M. – 11:30 A.M.

March 24 – May 19 (no class April 7)..... **Activity # 280102-01**

Enhance your preschooler's hand-eye coordination and motor skills. Designed for active 3- and 4-year olds who want to learn basic tumbling, using special equipment designed for smaller gymnasts.

ROLLY POLLYS

Ages 4 and 5 \$77; \$67 Shoreview Resident

Saturdays..... 11:45 A.M. – 12:30 P.M.

March 24 – May 19 (no class April 7)..... **Activity # 280103-01**

For the active 4- to 5-year old child, we offer a special class that teaches basic tumbling and works on hand-eye coordination and motor skills. Participants will begin to learn basic skills on floor, balance beam, bars and vault.

BEGINNERS HEADSTANDERS/HANDSTANDERS

Ages 5 to 8..... \$77; \$67 Shoreview Resident

Saturdays..... 12:45 P.M. – 1:30 P.M.

March 24 – May 19 (no class April 7)..... **Activity # 280104-01**

Designed for children 5 to 8 years old who want to learn the sport of gymnastics. Emphasis will be on learning the basic positions and skills on the floor, beam, bars and vault.

REGISTER NOW!

WISH UPON A BALLET

Ages 3 to 5

TUESDAYS..... 10:00 A.M. – 10:45 A.M.
Session III..... April 24 – May 29 (6 weeks)
 \$52 **Activity # 270202-01**

WEDNESDAYS..... 6:00 P.M. – 6:45 P.M.
Session III..... April 25 – May 30 (6 weeks)
 \$52 **Activity # 270202-02**

Shoreview Community Center – Beachcomber Bay

Wish upon a Ballet is a dance program for children that incorporates popular children's stories as well as ballet to create a dance class that is more than ballet steps. Using musical instruments, parachutes and scarves we will create a complete fairy tale experience while we skip, leap, jump and spin. This way an introduction to the movements and vocabulary of ballet are taught in a fun and creative manner. Children will learn an appreciation of dance and music while developing strength and flexibility. Parents, family and friends will be invited to observe a special performance at the end of each session. Come join the fun! Girls and boys will need ballet shoes. Girls should wear a leotard and tights. Boys should wear comfortable clothes they can move around in. Shoes will be available to order at the first day of class for an extra fee.

MVP'S MOVEMENT CLASS FOR LITTLE ATHLETES!

Ages 3 to 6

TUESDAYS..... 11:00 A.M. – 11:30 A.M.
Session III..... April 25 – May 30 (6 weeks)
 \$41 **Activity # 270203-01**

Shoreview Community Center – Beachcomber Bay

This is a new movement class just for boys. We will move and jump around to fun music, games and activities. This is the perfect class for boys that love to be active! Children will gain strength, flexibility and improved coordination.



PRINCESSES AND FAIRIES MUSICAL EXTRAVAGANZA!

Ages 3 to 7

Saturdays, April 21 – May 19..... 1:30 P.M. – 2:30 P.M.
 \$56..... **Activity # 270204-01**

Calling all princesses and fairies! Do you like magical stories, singing and dancing? Join this fun filled class where you can create a magical musical story that we will present to families and friends on the last day of class. No experience necessary. All that is needed are comfortable clothing and lightweight tennis shoes or dance shoes. Friends and family are invited to observe the last 30 minutes of the final class. Don't miss this fun opportunity to create and explore your creative side!



RIISING STAR!

Ages 7 to 12

Saturdays, April 21 – May 19..... 2:30 P.M. – 3:30 P.M.
 \$56..... **Activity # 270205-01**

Are you a Star? In this upbeat class we will create our own show about a singing and dancing competition! Let's dance and sing to our favorite songs! Everyone will receive solo speaking lines. No experience necessary. All that is needed are comfortable clothing and lightweight tennis shoes or dance shoes. Friends and family are invited to observe the last 30 minutes of the final class. Don't miss this fun opportunity to create and explore your inner star!



SCHOOL'S OUT DISCOVERY CAMPS

We are your resource for childcare on school's out days! Your child will participate in fun activities, crafts, games, and pool time at the Tropics Indoor Waterpark under the supervision of our highly trained and qualified staff. Choose before and after care to tailor this program to your specific schedule. Please send a bag lunch, swimsuit, and towel. We will provide all other supplies, including a snack. **Space is limited – register early!**

Grades K-5

Time..... 9:00 A.M. – 5:00 P.M.
Before Care..... 7:00 A.M. – 9:00 A.M.
After Care 5:00 P.M. – 6:00 P.M.

Rate: \$36/day; \$30 Shoreview Resident; \$5 Before/After care

Shoreview Community Center

Spring Break, March 15-23

Thursday, March 15	Activity #260208-01
Before/After	Activity #260208-02
Friday, March 16	Activity #260208-03
Before/After	Activity #260208-04
Monday, March 19	Activity #260208-05
Before/After	Activity #260208-06
Tuesday, March 20	Activity #260208-07
Before/After	Activity #260208-08
Wednesday, March 21	Activity #260208-09
Before/After	Activity #260208-10
Thursday, March 22	Activity #260208-11
Before/After	Activity #260208-12
Friday, March 23	Activity #260208-13
Before/After	Activity #260208-14

AbraKadoodle School's Out Camps

In AbraKadoodle's original and imaginative art classes children create innovative masterpieces using high quality Crayola art materials, while exploring artistic styles and techniques. Our lessons, created by award-winning artist & author Lori Schue, offer unique experiences designed to spark creativity, build confidence and competence, while fostering a life-long love of the arts. Classes are taught by caring art teachers.

www.abrakadoodle.com

Shoreview Community Center

MAGIC TREE HOUSE ADVENTURES

Grades K-4

Friday, April 6 9:00 A.M. – 3:00 P.M.
\$70; \$67 Shoreview Resident..... **Activity # 170108-01**

If your child loves the Magic Tree House books then this is the camp for you! Jack and Annie have fun new adventures planned as we read our favorite books then do art projects from the books. We'll learn how to draw dinosaurs, paint penguins and dolphins, make mummies, sculpt polar bears and more! Bring a beverage, nut free lunch, snack and outdoor recess attire.

www.abrakadoodle.com

MY FAVORITE DOLL SLUMBER PARTY

Grades K-4

Friday, April 6 9:00 A.M. – 3:00 P.M.
\$70; \$67 Shoreview Resident..... **Activity # 170109-01**

It's a slumber party for our dolls! Come dressed in your PJ's and bring your favorite doll as we make everything she'll need for her very own slumber party from an adorable sleeping blanket to her very own pillow, eye mask and more. Bring a beverage, nut free snack and recess attire.

www.abrakadoodle.com



FANTASTIC FRIDAY FIELD TRIPS

Sizzling hot summer fun—that's how everyone describes our summer trips. Parents love them because all our trips are chaperoned by our attentive staff. Kids love them because the trips take them to exciting places. Trips fill up fast, so sign up early. Bus pick-up and drop-off will be at the Shoreview Community Center. Event times listed are approximate only.

Supervision is not available before trip drop-off time.

WATER PARK OF AMERICA

Ages 7 and up

June 15..... Drop off at 9:05 A.M., Pick up at 4:45 P.M.
\$41; \$36 Shoreview Resident..... **Activity # 370707-01**

Surf on Minnesota's only Flow Rider Surf Simulator, catch a wave in the Lake Superior wave pool or challenge your fears in America's longest indoor family raft ride. This indoor water park is also equipped with the Fort Snelling activity island with a zero depth entry, body and tube slides, activity pool with hoops, nets, and balancing logs, and much more. **Please bring a bag lunch or money for the concession area.** Register by 6/13.

PINZ BOWLING & SKY ZONE

Ages 7 and up

June 22..... Drop off at 9:05 A.M., Pick up at 4:00 P.M.
\$45; \$40 Shoreview Resident..... **Activity # 370705-01**

First we will make our way over to Pinz for some bowling. Challenge your friends to see who can get the most strikes! After lunch, we will head off to Sky Zone Indoor Trampoline Park. See how high you can bounce while playing fun activities and games. **Lunch will be a slice of pizza and a pop.** **Additional money for snacks is optional.** Register by 6/20.

GALE WOODS FARM & LAKE MINNETONKA REG. PARK

Ages 7 and up

June 29..... Drop off at 9:05 A.M., Pick up at 4:30 P.M.
\$39; \$34 Shoreview Resident..... **Activity # 370706-01**

Join us for some outdoor fun on a real working farm! Gale Woods Farm features a unique educational opportunity where visitors of all ages will gain an understanding of agriculture, food production and land stewardship. After we feed the animals we will head over to Lake Minnetonka Regional Park where we will do some geocaching, hiking, play on the outdoor playground, and much more! **Please send a bag lunch with your child.** Register by 6/27.

BUNKER BEACH

Ages 7 and up

July 6..... Drop off at 10:05 A.M., Pick up at 4:30 P.M.
\$39; \$34 Shoreview Resident..... **Activity # 370703-01**

Cool off at Bunker Beach featuring six towering waterslides, a 900' Splash Cove lazy river, activity pool with climbing wall, a zero-entry pool with a water play structure, an interactive sand play area, Minnesota's largest outdoor wave pool! **Please bring a bag lunch or money for concessions, swimsuit, towel, and sunscreen.** Register by 7/3.

VALLEYFAIR

Ages 7 and up

July 20..... Drop off at 8:35 A.M., Pick up at 5:15 P.M.
\$51; \$46 Shoreview Resident..... **Activity # 370704-01**

From flips and dips to a 200-foot drop, there's excitement galore on Valleyfair's seven thrilling roller coasters, including Steel Venom, an impulse coaster with a twist! Don't miss Power Tower—275 feet of extreme scream! There's something for everyone at Valleyfair! All rides inside the park are included in admission, including the water rides. We will not be visiting Challenge Go Cart Park. **Bring sunscreen, swimsuit, towel and a bag lunch or money for concessions.** Register by 7/18.

SEA LIFE AQUARIUM & NICKELODEON UNIVERSE

Ages 7 and up

July 27..... Drop off at 8:50 A.M., Pick up at 4:30 P.M.
\$45; \$40 Shoreview Resident..... **Activity # 370701-01**

Imagine traveling 300 feet of ocean tunnel where sharks, stingrays and giant sea turtles swim so close, you'll feel like you can reach out and touch them! Join us as we explore the all new Sea Life Aquarium at the Mall of America! Not only will we be able to walk around the biggest mall in the USA, we will also get to have some fun at Nickelodeon Universe! Hop on the Fairly Odd Coaster or take a ride on SpongeBob Squarepants Rock Bottom Plunge! **Lunch is NOT included – Bring a bag lunch and beverage.** Extra spending money is optional but not required. Register by 7/25.

THE WORKS & EDINBOROUGH PARK

Ages 7 and up

August 3..... Drop off at 9:05 A.M., Pick up at 4:00 P.M.
\$39; \$34 Shoreview Resident..... **Activity # 370702-01**

We will visit Edinborough Park, one of the largest indoor play structures in the country. Climb the "peak" and slide down the giant tubes or play in the Great Hall with basketball hoops, balls, scooters and moonwalk. After lunch we will head off to The Works, a "hands-on, minds-on" museum that makes learning about engineering, science and technology interesting, understandable and fun! **Please send a bag lunch with your child.** Register by 8/1.

SPECIAL EVENTS

DIVE-IN MOVIE

Friday, March 9 7:00 P.M.

Shoreview Community Center

Join your friends and family at the Tropics Indoor Water Park inside the Shoreview Community Center for Dive-In Movie nights! Guests can float with water noodles (not provided), relax on giant sea creatures, or lounge on pool-side chairs and enjoy a popular family friendly movie. No need to register. The purchase of a daily pass on the day of the movie will be your ticket. Free for Community Center Members. Please note the hot tub will be closed during and after the movie. Movie titles will be posted at the Community Center or call 651-490-4750 for more information.

SHOREVIEW EGG HUNT

Ages 10 and under

Saturday, March 31 9:30 A.M. – 11:00 A.M.

\$10 per child **Activity # 260219-01**

Shoreview Community Center Pavilion

Join the Bunny in an eggciting hunt for prize-filled eggs! Great fun for your little bunnies ages 10 and under. Space is limited. Please register by Monday, March 26. **The Shoreview Egg Hunt is held outdoors. Please dress for the weather.**

Schedule: 9:30 Check In

9:45 – 10:00 Egg Hunt

10:00 – 11:00 Special Entertainment



DAZZLING DIVAS

Ages 3 to 8

Saturday, May 5 9:30 A.M. – 11:00 A.M.

\$10; \$8 Shoreview Resident **Activity # 260417-01**

Shoreview Community Center

Be transformed into a Diva for a Day! Come dressed in your most glam outfit or princess dress and bring along your favorite adult for a morning of fun. There will be crafts, music, a chance to get your nails or hair done, and more. The morning will be topped off with a fashion show featuring all of our Dazzling Divas strutting down the red carpet! Make sure to bring your camera! Register early, space is limited! Registration deadline is Monday, April 30.

WET & WILD

Ages 6 and up

June 22, July 20 & Aug. 3 1:00 P.M. – 3:30 P.M.

FREE at Commons Park

Shoreview's outdoor waterslide—back by popular demand. No registration necessary.



ADVENTURE QUEST CARNIVAL

All ages

July 13 1:00 P.M. – 4:00 P.M.

Shoreview Community Center

Come one, come all join us for a carnival! Shoreview Parks and Recreation summer Adventure Quest program hosts this annual carnival for all to enjoy. Come and try your luck at many games including Ring 'Em, Duck Pond, Hockey Shot, Race track and more! All game tickets cost five cents – what a deal! No registration necessary. Game tickets will go on sale beginning at 12:30 PM on July 13.

PUPPET WAGON

Come out to the park and enjoy the Shoreview Puppet Wagon! This is a free event, no preregistration required. Shows last approximately 30 minutes

Mondays

June 18:	McCullough Park	12:15 P.M.
	Shamrock Park	2:30 P.M.
	Bucher Park	6:30 P.M.
June 25:	Sitzer Park	12:15 P.M.
	Commons Park	2:30 P.M.
July 9:	McCullough Park	12:15 P.M.
	Commons Park	2:30 P.M.
July 16:	Wilson Park	12:15 P.M.
	Bucher Park	2:30 P.M.
	Shamrock Park	6:30 P.M.
July 23:	Sitzer Park	12:15 P.M.
	Commons Park	2:30 P.M.

For specific show information please call the Shoreview Parks and Recreation Department at 651-490-4750.

Friday Fun Days

Ages 4 to 10

MISSION IMPOSSIBLE

Friday, June 15 9:30 A.M. – 11:30 A.M.
\$10..... **Activity #370508-01**

Sitzer Park

Wish you could be a spy like 007? You will be at this spy training camp! You will make your own spy gadgets and even go on a super secret mission.

WILD OUTDOOR WATER GAMES

Friday, June 15 1:30 P.M. – 3:30 P.M.
\$10..... **Activity #370509-01**

Commons Park

Capture the water balloon! Cool off with us as we play a giant game of capture the flag and other tag games using water balloons and other water sources. Come dressed with your swimsuit and towel and get ready to be soaking wet!

BUBBLE BONANZA

Friday, June 22 9:30 A.M. – 11:30 A.M.
\$10..... **Activity #370510-01**

Sitzer Park

Bubbles galore! Join us as we play games and do crafts that all use bubbles. You won't want to miss out on the contest to see who can make the biggest bubble!

SO YOU WANNA BE A ROCKSTAR!

Friday, June 29 9:30 A.M. – 11:30 A.M.
\$10..... **Activity #370511-01**

Sitzer Park

Let your inner Rockstar out as we practice our air guitar skills, do our hair like rockstars, and even get some temporary tattoos. We will wrap up the morning with an 'air guitar' battle of the bands!

SPLISH SPLASH

Friday, June 29 1:30 P.M. – 3:30 P.M.
\$10..... **Activity #370512-01**

Commons Park

Drip...Drip...Drop! Look out because you are sure to be soaked after this afternoon of fun in the sun. We will play a variety of water games and enjoy cooling off on a hot afternoon. Come dressed with swimsuit and towel.

KRAZY KITES

Friday, July 6 9:30 A.M. – 11:30 A.M.
\$10..... **Activity #370513-01**

Sitzer Park

Let's go fly a kite, up to the highest height! Come along as we design our very own kites and practice flying kites of many shapes and sizes.

TERRIFIC TIE DYE

Friday, July 20 9:30 A.M. – 11:30 A.M.
\$10..... **Activity #370514-01**

Sitzer Park

Back by popular demand! Add a splash of color to your summer at this Tie-Dye Party! We will experiment with the world of tie-dye and color things from shoelaces to t-shirts. All items to tie-dye will be included except a t-shirt. **Please bring a white t-shirt to tie-dye.**

FANTASTIC FIESTA

Friday, July 27 9:30 A.M. – 11:30 A.M.
\$10..... **Activity #370515-01**

Sitzer Park

This is going to be one party you will not want to miss! From breaking open piñatas to learning the Mexican hat dance this fiesta will be filled with fun. You may even learn a few new Spanish words or phrases.

WATER OLYMPICS

Friday, July 27 1:30 P.M. – 3:30 P.M.
\$10..... **Activity #370516-01**

Commons Park

This Shoreview version of the Olympics using water games is one you won't want to miss! Get ready to make a soggy dash for the finish line as we slide through the afternoon with an assortment of water relays. Come dressed with swimsuit and towel.

ALL BALL EXTRAVAGANZA

Friday, August 3 9:30 A.M. – 11:30 A.M.
\$10..... **Activity #370517-01**

Sitzer Park

Put on your tennis shoes and get ready for a morning of extreme fun! Your skills will be put to the test while playing a variety of outdoor games using all shapes and sizes of balls. Get ready for anything from dodgeball to football to kickball and more.

ADVENTURE QUEST



ADVENTURE QUEST SUMMER PLAYGROUND PROGRAM

June 11 – August 2 (No program July 4)

Join us for the journey of a lifetime this summer! Adventure Quest, our Summer Park Program, is filled with sports, crafts, games, songs, and other themed events. Our highly trained and energetic summer staff will be your child's summer adventure guide. Each week will unveil a new theme sure to keep your child interested and challenged this summer. Children will stretch their imaginations, keep physically active, and make new friends in Adventure Quest.

General Information:

Children are broken into age groups and activities are designed to be developmentally appropriate for each age group. Participants must be the designated age/grade by June 11, 2012.

WEEKLY THEMES

Week 1.....	Rockin' Rainforest
Week 2.....	Kooky Colors
Week 3.....	Wings & Things
Week 4.....	Living in the USA
Week 5.....	Life on the Farm
Week 6.....	WipeOut Week
Week 7.....	Movin' & Groovin'
Week 8.....	Summer Olympics

TINY TREKKERS

Ages 3-5

June 11 – August 2 9:00 A.M. – 11:30 A.M.
Rate: \$73; \$67 Shoreview Resident

Monday & Wednesday

Sitzer Park.....	Activity # 370501-01
Wilson Park.....	Activity # 370501-02
McCullough Park.....	Activity # 370501-03

Tuesday & Thursday

Sitzer Park.....	Activity # 370502-01
Wilson Park.....	Activity # 370502-02
McCullough Park.....	Activity # 370502-03



TRAVELERS

Grades K-5 (2011-2012 School year)

Monday – Thursday, June 11 – August 2
Rate: \$130; \$124 Shoreview Resident

9:00 A.M. – 11:30 A.M.

Sitzer Park.....	Activity # 370503-01
Wilson Park.....	Activity # 370503-02
McCullough Park.....	Activity # 370503-03

OUTDOOR GAMES

Ages 7-11 Commons Park

Mondays, June 11 – July 30 1:00 P.M. – 3:00 P.M.
\$45; \$40 Shoreview Resident..... **Activity # 390514-01**

Participate in an assortment of exciting sports. We'll play sand volleyball, ultimate frisbee, bocce ball, kickball, dodgeball, ladderball, bean bag toss, washer toss, and other sports. Class will meet at the small soccer field by the skate park.

Leaders In Training

Looking for leadership opportunities? Youth entering grades 7-9 can become a Leader in Training. See page 73 for more information.

Adventure Quest Academy

The Adventure Quest Academy provides your child with a variety of opportunities to try new things and expand their interests. Each 2 week session explores a topic in-depth, promoting creativity and the power of imagination.

GOOFY GARDENERS

Ages 5-8 Sitzler Park
Tuesday, Wednesday, Thursday
June 12 – 21 1:00 P.M. – 3:00 P.M.
\$40..... **Activity # 370518-01**

Start your journey to becoming the next great Minnesota Gardener! We will discover the world of plants, including vegetables and flowers while we see all that nature has to offer. We will see what we can make grow by planting some flowers and vegetables.

DRUMMING UP CHARACTER

Ages 8-12 Sitzler Park
Tuesday, Wednesday, Thursday
June 12 – 21 1:00 P.M. – 3:00 P.M.
\$40..... **Activity # 370519-01**

Let your inner drummer out! Join us for a music education program that engages children in building character through ensemble drumming, dancing, singing and language arts.

WORLD TRAVELERS

Ages 5-8 Sitzler Park
Tuesday, Wednesday, Thursday
June 26 – July 5 (No class July 4)..... 1:00 P.M. – 3:00 P.M.
\$34..... **Activity # 370520-01**

Get out your passports and hang on tight; we are going to take a journey around the world in just five days. Along the way we will discover a myriad of new cultures and customs that are sure to delight.

MAGNIFICENT SCULPTURES

Ages 8-12 Sitzler Park
Tuesday, Wednesday, Thursday
June 26 – July 5 (No class July 4)..... 1:00 P.M. – 3:00 P.M.
\$34..... **Activity # 370521-01**

Back by popular demand! This time around we will try our hand at clay sandcastles, paper mache, gak and more! You are bound to get your hands dirty in this class! We will be exploring a variety of forms of materials which to use for sculpting. You will be amazed by the magnificent sculptures we will build!

AMAZING ARTISTS

Ages 5-8 Sitzler Park
Tuesday, Wednesday, Thursday
July 10 – 19 1:00 P.M. – 3:00 P.M.
\$40..... **Activity # 370522-01**

Are you a mini-Monet or pint-sized Picasso? This class is back by popular demand and gives children ample opportunity to express their inner artist through a variety of mediums. Along the way they will learn to use shapes, textures and colors to bring their designs to life.

TOON TIME

Ages 8-12 Sitzler Park
Tuesday, Wednesday, Thursday
July 10 – 19 1:00 P.M. – 3:00 P.M.
\$40..... **Activity # 370523-01**

From heroes to villains and creatures and critters, this class will explore the basics of cartooning. We will discover best practices for animation and story development. Each participant will create a comic book of their own to take home at the end of the class.

SUPER SPACE CADETS

Ages 5-8 Sitzler Park
Tuesday, Wednesday, Thursday
July 24 – August 2 1:00 P.M. – 3:00 P.M.
\$40..... **Activity # 370524-01**

3...2...1...Blast off! Come along on this super space adventure as we explore the universe and all its planets. We will make a variety of crafts that are out of this world including our very own rockets.

CRAFTY COOKS

Ages 8-12 Sitzler Park
Tuesday, Wednesday, Thursday
July 24 – August 2 1:00 P.M. – 3:00 P.M.
\$40..... **Activity # 370525-01**

Calling all little chef's, this is a great class to begin your road to becoming a chef. Kid's love to cook, and in this class we will be experimenting with a variety of no-bake recipes. Pull out your aprons because this class is going to be a blast!



ENRICHMENT CAMPS

Mayer Arts Musical Theater Camps

The mission of Mayer Arts is to not only provide training for those who are serious about learning but also to offer classes that are tons of fun! We teach proper technique, terminology, body awareness, and appreciation for the arts. Our goal is that students will not only find a love for the arts but also build healthy habits and self-esteem—skills that will be helpful to them for the rest of their lives. www.mayerarts.com

ONCE UPON A TIME DANCE AND THEATER

Monday – Friday, July 23 – 27 \$132
Ages 4-8 9:00 A.M. – 12:00 P.M.
Island Lake School **Activity # 370205-01**

Who is your favorite character from your favorite story? Come join us for five days of fun-filled, energetic dance and drama as we put our favorite characters in a new imaginative story! We will use musical instruments, scarves, crowns and other props to create our story along with dancing to fun children's songs. We will then incorporate those dances into the story to create a wonderful musical! No experience necessary. All that is needed are comfortable clothing and lightweight tennis shoes or dance shoes. Please bring a nut free snack and beverage daily. Friends and family are invited to observe the final 30 minutes of the final class. Don't miss this fun opportunity to create and explore your creative side!

GLEE IN CONCERT

Monday – Friday, July 16 – 20 \$132
Ages 8-12 1:00 P.M. – 4:00 P.M.
Island Lake School **Activity # 370203-01**

Are you ready to take your talent to the big stage? We will use our favorite songs from Glee and create our own show! Bring your enthusiasm and get ready to shine! All levels are welcome. Everyone will receive solo speaking lines. Please wear lightweight tennis shoes, ballet, or jazz shoes. Bring a nut free snack and beverage daily. Friends and family are invited to observe a special performance during the last 30 minutes of the final class.



CINDERELLA

Monday – Friday, July 16 – 20 \$132
Ages 4-8 9:00 A.M. – 12:00 P.M.
Island Lake School **Activity # 370202-01**

A Dream is a Wish Your Heart Makes! Come and share that dream with us. We will dance and sing to Cinderella's beautiful music and put together our own show! We will also make crowns and fairy godmother wands. No experience necessary. All that is needed are comfortable clothing and lightweight tennis shoes or dance shoes. Please bring a nut free snack and beverage daily. Friends and family are invited to observe the final 30 minutes of the final class. Don't miss this fun opportunity to dance at the ball!

HIP HOP DANCE CAMP

Monday – Friday, July 23 – 27 \$122
Ages 5-8 1:00 P.M. – 3:00 P.M.
Island Lake School **Activity # 370217-02**

Get into the Groove! Students will learn hip hop steps and dances to fun and upbeat music. Come learn to leap, turn and shine. This class is not only fun but will improve posture, strength and flexibility in a positive and self-esteem building atmosphere. Please bring a snack and beverage daily. Friends and family are invited to observe the final 15 minutes of the final class.

AbraKadoodle Art Camps

AbraKadoodle is the nation's leader in creative art education. In AbraKadoodle programs, children learn about artists, techniques, artistic style, and use of media as well as art history, international styles and cultural background. The curriculum is designed by artists and educators and exceeds national standards. Sign up your child for AbraKadoodle art camps and watch them shine! Campers should bring a beverage and nut free snack. www.abrakadoodle.com

COOL GIRLS ART SCHOOL

Monday – Thursday, June 25 – 28 \$133
Ages 5-10 9:30 A.M. – 12:00 P.M.
Island Lake School **Activity # 370219-01**

Does your daughter love art? How about paint, clay and glitter? In this wildly fun and creative camp you'll tie-dye t-shirts, do a surprise paper mache project, paint your favorite animal on canvas board, make jewelry out of Fimo, sculpt penguins out of clay and more. We'll even listen to girly music and paint your nails. Come with your best friend or make a new one at camp! Bring a plain white T-shirt, beverage, nut free snack and your favorite girly CD.



I LOVE DUCT TAPE

Monday & Wednesday, June 25 & 27 \$75
 Ages 5-12 1:00 P.M. – 3:30 P.M.
 Island Lake School **Activity # 370222-01**

Are you crazy for everything duct tape? Wild about wallets or bonkers for bags? If so, this is the class for you! Make awesome accessories from the funkiest duct tape colors around! Want to make a wallet, bracelet, flowers, bag, cell phone case or something else just as fun? Perfect—we'll show you how using the coolest duct tape you've ever seen from camouflage to neon, zebra, leopard print and everything in between! All materials supplied. Bring a beverage, nut free snack and recess attire.

PRINCESSES, FAIRIES AND PIXIE DUST ART CAMP

Monday – Thursday..... \$133
 Ages 3-6 9:30 A.M. – 12:00 P.M.
 July 9 – 12..... **Activity # 370216-01**
 August 6 – 9..... **Activity # 370216-02**
 Island Lake School

Calling all fairies and princesses! Celebrate all things magical as we make tiaras, create sparkly wands, collage fairies and sprinkle them with pixie dust, sculpt our very own kissable frog out of clay, and more! Along the way we'll learn to walk, talk, and curtsy like a princess, listen to girly music, read princess and fairy stories, use lots of glitter and sequins, play princess games and even get our fingernails painted! Bring a beverage, nut free snack and recess attire. Costumes welcome! Register early as this camp fills quickly.

MORE STAR WARS ADVENTURES

Monday – Thursday, July 9 – 12..... \$133
 Ages 5-10 1:00 P.M. – 3:30 P.M.
 Island Lake School **Activity # 370211-01**

If you loved our Star Wars camp last summer then this is the camp for you! Join the Jedi Council in a far away galaxy as you learn to draw, sculpt and paint your favorite characters. Sculpt R2D2 out of clay, learn to draw Darth Vader, make a plaster mask of your favorite character, draw Droids and more. This camp features projects from both Star Wars and the Clone Wars! You'll even make your own real light saber! May the force be with you! Bring a beverage, nut free snack and recess attire

FASHION DESIGNER CAMP

Monday & Wednesday, August 6 & 8..... \$67
 Ages 5-10 1:00 P.M. – 3:30 P.M.
 Island Lake School **Activity # 370209-01**

Is your daughter a fashion designer in the making? If so, this is the camp for her! Our fashionistas will create beautiful fleece scarves, tie dye a tshirt, design and construct a purse from felt, make jewelry, have their nails painted and more. Bring a plain white t-shirt, beverage, nut free snack and recess attire.

SILLY MONSTERS AND COOL ROBOTS ART CAMP

Tuesday & Thursday, Aug. 7 & 9..... \$67
 Ages 5-10 1:00 P.M. – 3:30 P.M.
 Island Lake School **Activity # 370204-01**

Design and create your own silly monsters and cool robots in this fun art camp! Learn how to draw monsters then make crazy monster masks out of plaster. Create a gigantic 5 foot tall robot out of boxes, paint a keepsake ceramic robot piggy bank and more. Bring recess attire, a beverage, and nut free snack.

ART CAMP ROCKS

Monday – Thursday, August 13 – 16..... \$133
 Ages 5-10 1:00 P.M. – 3:30 P.M.
 Perry Park in Arden Hills..... **Activity # 370210-01**

Join us for this awesomely fun art camp filled with our favorite projects! Do a surprise paper mache project, tie dye t-shirts, make a duct tape wallet, throw paint outside like Jackson Pollock, sculpt animals out of clay, and more. Bring a plain white T-shirt, beverage and a nut free snack. This camp is guaranteed to be a blast!

SPARKLES AND BLING CAMP

Monday & Wednesday, August 13 & 15..... \$67
 Ages 4-9 9:30 A.M. – 12:00 P.M.
 Perry Park in Arden Hills..... **Activity # 370207-01**

Does your daughter love everything sparkly? Go gaga for glitter? If so, she'll have a blast in this fun art camp full of sequins, glitter and gems. Sculpt sparkly tea light candle holders, make a glitter covered picture frame, create gem filled hair pins, design a blinged out jewelry box and more. Bring a beverage, nut free snack and recess attire. Great class for siblings!

ENRICHMENT CAMPS

SUPERHEROES IN TRAINING

Tuesday & Thursday, Aug. 14 & 16..... \$67
Ages 4-99:30 A.M. – 12:00 P.M.
Perry Park in Arden Hills..... **Activity # 370208-01**

Calling all future superheroes! Want to be Superman, Spiderman, Batman, or Cat Woman? Then this is the camp for you! Make all of the accessories a Superhero needs including a super hero shield, mask, cuffs and more. Children are welcome to come in costume, but please bring a change of clothes, a nut free snack, beverage and recess attire. Great class for siblings!

Computer Explorers Camps

COMPUTER EXPLORERS offers a variety of programs which challenge students to be innovative technology users. Working together in small groups to complete technology projects reinforces collaborative team-effort both in school and in the work place. Mastering the technology of today prepares our students for the technology of tomorrow. www.computerexplorers.com

BASICS TO BUILDING & ENGINEERING: WHEELS

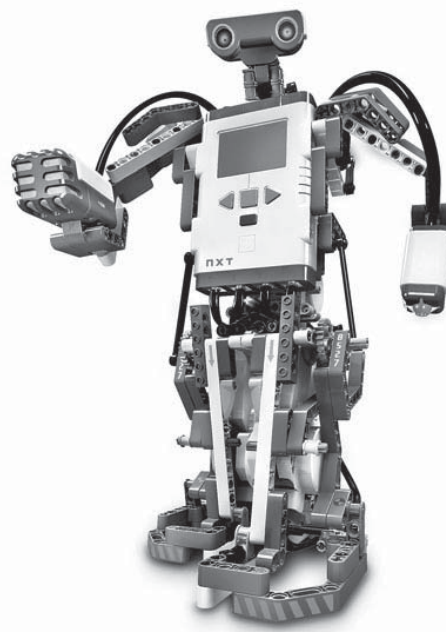
Monday & Tuesday, June 18 & 19..... \$55
Ages 3.5-6 10:00 A.M. – 12:00 P.M.
Island Lake School **Activity # 370212-01**

Young children love to build! In this unique class they learn to do just that. Our hands-on exploration of simple machines introduces students to the basic concepts of physical science, math & engineering. Our Lego engineering projects take shape and will amaze our young architects! This course is a great all-around adventure for the youngest learners. Students working in pairs will be introduced to simple machines and Wheels. Projects may include: Car Launcher, Measuring Car, and competing in a Car Challenge.

BASICS TO ENGINEERING & ROBOTICS

Wednesday & Thursday, June 20 & 21 \$55
Ages 4-7 10:00 A.M. – 12:00 P.M.
Island Lake School **Activity # 370213-01**

Young children love to explore and learn! In this unique class they learn to do just that. Our hands-on exploration of robotics introduces students to the basic concepts of programming, math & engineering. Our Lego engineering projects take shape and will amaze our young students! This course is a great all-around adventure for the youngest learners. Students will be introduced to hands-on robotics fun. Students will program a floor robot that can draw, dance and make music. We use a floor robot to compete in a robo-olympic, then engineer a robotic crawler using the Mindstorm Lego Robotics System Components.



EXTREME BATTLEBOTS

Monday – Thursday, June 18 – 21 \$133
Entering Grades 3-8 12:30 P.M. – 3:30 P.M.
Island Lake School **Activity # 370214-01**

All New Super-Charged Projects! Get ready to take ultimate control! Using the NXT Intelligent brick from LEGO®, servo motors, advanced ultrasonic, touch and light sensors, and specialize lego technic engineering components, students will build extreme robots, program them to accomplish tasks, respond to external stimuli, and overcome challenges. Students working in small teams will control the robot with the NXT programs, and then have the opportunity to experiment and modify the programs. Students will then be challenged to morph their projects in better, stronger or faster robots. Possible competitive robots built are Tug-O-War bots, hammer-bot, and a claw-striker, and Sumobot.

CRAZY ROBOTIC CONTRAPTIONS

Monday – Thursday, June 25-28 \$133
Entering Grades K-4 9:00 A.M. – 12:00 P.M.
Arden Hills City Hall **Activity # 370220-01**

New Class this year! Build and experiment with our newest, craziest, robotic creations yet. We will be using the Lego Mindstorm RCX Intelligent brick, along with advanced motors and sensors to create the wackiest moving contraptions yet. Students working in pairs will learn about the engineering concepts behind the contraptions, along with the robotic logic that will control and activate them. Fun hands-on projects may include robotic car, mechanical grabber, Venus flytrap, bopping puppets, spinner, robotic catapult, and more. Students will build many different motion modules, and then be challenge to creatively come up with their own crazy robotic contraptions.

ROLLERCOASTER ENGINEERING & BUILDING

Monday – Thursday, June 25-28 \$133
 Entering Grades 3-8 12:30 P.M. – 3:30 P.M.
 Arden Hills City Hall **Activity # 370221-01**

Learn about the science behind thrilling Rollercoaster Rides. What makes you feel that rush when you are diving down a steep hill or rounding a curve? Students working in teams will be using our K'Nex dynamic, open-ended, spatial building system, students to build and experiment with action-packed working models, and then conduct engineering experiments. Models include different rollercoaster ramps, different looping systems, gravity hills, and other different thrill rides. On the last day can build, experiment, and modify one of our 3 feet tall Thriller-Roller Coasters models and try to build the fastest, biggest, baddest roller coaster imaginable.

ROBOTICS: JEDI & IMPERIAL DROIDS

Monday – Thursday, August 13 – 16..... \$133
 Entering Grades 1-59:00 A.M. – 12:00 P.M.
 Arden Hills City Hall..... **Activity # 370215-01**

Star Wars, Robotics and Engineering! Using the “Micro Scout” Lego Mindstorm Robotics System’s microcomputer for the brain of your droids. Use the built-in light sensor, motor and sound to bring your droids to life. Create familiar Star Wars droids or use the Force to create droids of your own. In this exciting hands on class students working in pairs will be using the Robotic Mindstorms Droid and Darkside developer kit to build and experiment with up to 8 different models. Learn about robotics and engineering as we build the base models, then customize your droid.

3D VIDEO GAME WORLD DESIGN

Monday – Thursday, August 13 – 16..... \$133
 Entering Grades 3-6 12:30 P.M. – 3:30 P.M.
 Arden Hills City Hall..... **Activity # 370218-01**

Create and complete your own 3D Game World! Working in pairs students will learn to use Platinum Arts “Sandbox Game Maker” software. This course is an introduction to basic techniques used to create 3D gaming environments. Basic techniques include creating structures, buildings, tunnels, stairs, and outdoor terrains that include hills, mountains, valleys, and lakes. Students working in pairs will learn to create rotating objects and characters and add Visual and Audio special effects and experiment with textures. We will explore scripting by looking at simple demo scripts. On the final day, students will use the skills learned along with their imagination and creativity to create their own unique 3D Game Environment. Students will also be able to download the software at home. (Windows only).

Science Museum of Minnesota Workshops

The Science Museum of Minnesota is bringing exciting hands-on science enrichment programs to Shoreview! In Science Museum of Minnesota workshops children will: actively investigate science topics; use a variety of materials and tools; work individually and collaboratively; practice open-ended problem solving; experience hands on activities rather than demonstrations; participate in learning from an interdisciplinary approach that works well for different learning styles.

SUGAR-COATED SCIENCE

Monday – Thursday, July 30-Aug 2\$80
 Ages 6-9 10:00 A.M. – 12:00 P.M.
 Island Lake School **Activity # 370223-01**

Investigate the sources of sweetness. Explore the history of candy and its ingredients. Test your sense of taste and smell. Mix up some tangy treats. Calculate probability using your favorite flavors of Skittles. Design, construct, and market a candy bar creation of your own.

GET SET TO BE A VET

Monday – Thursday, July 30 – Aug 2..... \$80
 Ages 9-12 1:00 P.M. – 3:00 P.M.
 Island Lake School **Activity # 370224-01**

Look at the careers of veterinarians and learn about specialties such as large animal and zoo practice. Find out how to take better care of your pets and make your own dog treats. Learn safe behavior around dogs. Build your knowledge of animal physiology and anatomy. Examine real x-rays of animals and perform a mock surgery.



MOUNDS VIEW MUSTANG BASKETBALL CAMPS

KINDERGARTEN CO-REC BASKETBALL CAMP

Ages 5 and Kindergarten ('11-'12 school year)

July 23, 25, 26 (No class 7/24)..... 10:00 A.M. – 10:30 A.M.
\$34..... **Activity # 390909-01**

Island Lake Elementary

Join Mounds View basketball coach Dave Leiser in this basketball skills camp. Introduce your child to the great game of basketball in a fun environment. All participants receive a camp t-shirt.



LITTLE DRIBBLERS BASKETBALL CAMP

Grades 1-2 ('11-'12 school year)

11:00 A.M. – 12:00 P.M.

Island Lake Elementary

Boys Camp..... June 18-22
\$60*..... **Activity # 390911-01**

Girls Camp..... July 9-12
\$49..... **Activity # 390911-02**

Boys Camp..... July 16-20
\$60*..... **Activity # 390911-03**

* \$5 discount applied when registering the same child for both boys camps.

Get a jump on your basketball skills by learning the fundamentals of the game. All participants receive a camp t-shirt. Call Dave at 651.621.7045, if you have any questions.

MUSTANG BOYS BASKETBALL CAMP

Grades 3-5 ('11-'12 school year)

\$90 for 1 session; \$170 for 2 sessions

12:00 P.M. – 2:15 P.M.

Session I

June 18-22..... **Activity # 390910-01**

Session II

July 16-20..... **Activity # 390910-02**

Island Lake Elementary

Grades 6-9 ('11-'12 school year)

\$96 for 1 session; \$185 for 2 sessions

Session I..... June 25-28, July 9-12

Session II..... July 16-19, 23-26

Grades 6-7..... 10:00 A.M. – 12:00 P.M.

Session 1..... **Activity # 390910-03**

Session 2..... **Activity # 390910-04**

Grades 8-9..... 12:00 P.M. – 2:00 P.M.

Session 1..... **Activity # 390910-05**

Session 2..... **Activity # 390910-06**

Mounds View High School

Join Mounds View basketball coach Dave Leiser in skill training activities including drills, scrimmages, contests and videotaping. All participants receive a camp t-shirt. Call Dave at 651-621-7045, if you have any questions or would like to request an exception to grade level requirements.

SWALLEN'S MUSTANG GIRLS SOCCER CAMP

\$105

Monday-Friday, June 18-22..... 9:30 A.M. – 12:00 P.M.
Mounds View High School

Grades K–6 ('12-'13 school year)

Upper Grass Fields..... **Activity # 390908-01**

Grades 7-10 ('12-'13 school year)

Lower Stadium **Activity # 390908-02**

Our goal is to create an enthusiastic learning environment for girls to develop their individual soccer skills, self-confidence, and friendships. Players will be grouped by grade and playing experience with a 12:1 player to coach ratio. All activities balance both teaching and fun for ultimate player development. The camp instructors will be MVHS coaches, former and current women college players, as well as current varsity soccer players. Participants should bring: a soccer ball, water bottle, and snack, cleats and shin guards. Please indicate t-shirt size on registration form. For specific camp questions, contact Sharon at 763-245-7656 or sharonswallen@mac.com. **Register by Friday, June 15** (Players registering on site at camp will be charged an extra \$10).

MONTGOMERY'S MUSTANG GIRLS BASKETBALL CAMP

Grades 3-8 ('11-'12 school year)

Mounds View High School

June 11-14..... 12:30 P.M. – 3:00 P.M.
\$95..... **Activity #390907-01**

Join the Mounds View head coach Dave Montgomery and his varsity players for a fun week of basketball. Each day will include fundamentals work, fun contests and scrimmages. Varsity players will help with instruction each day and all participants will receive a t-shirt. Call Dave at 651-245-1291 with any questions.

WEKO'S MOUNDS VIEW GIRLS VOLLEYBALL CAMP

Grades 3-9 ('12-'13 school year)

June 11-14 & June 18-21

Mounds View High School

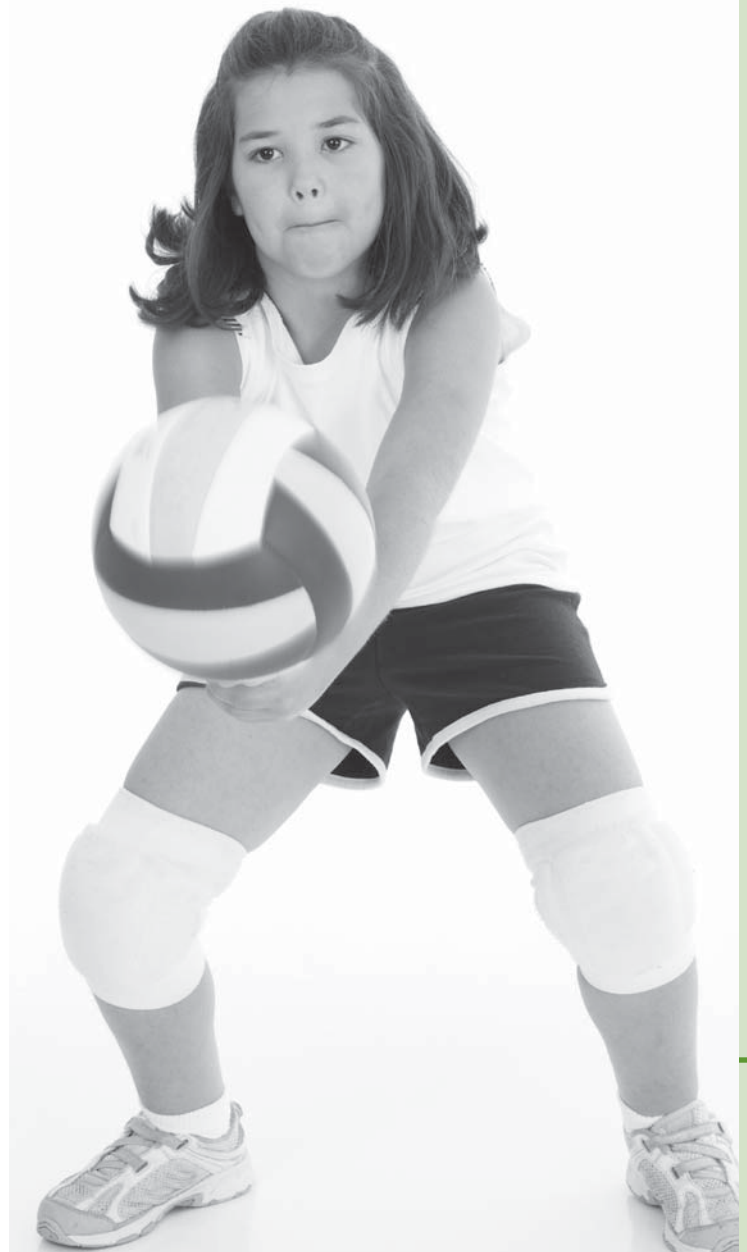
Grades 3-5 8:30 A.M. – 10:00 A.M.

\$95..... **Activity #390903-01**

Grades 6-9 10:00 A.M. – 12:00 P.M.

\$125 **Activity #390903-02**

Come join Tom Weko, varsity volleyball coach at Mounds View High School, and his players to have fun learning the basics of playing volleyball including passing, setting, hitting, serving, individual defense, team defense, serve reception and playing strategy. Participants should bring knee pads, wrist bands (optional), water bottle and a great attitude. Participants will receive a t-shirt (please indicate size on the registration form). Contact Coach Weko at 612.802.6264 with questions.



SPORTS UNLIMITED CAMPS

Sports Unlimited Camps provide fundamental skill development for boys and girls from ages 4-12 with the emphasis on fun! The camps help players learn the core skills and techniques used in each sport and then allow them to practice these skills in a number of games and scrimmages.

- Registration deadline is one week before camp starts
- All campers receive quality instruction, water bottle, fun, games, and sportsmanship award

Campers will need to:

- Wear t-shirt, shorts, sweats, socks, athletic shoes
- Bring sunscreen, water bottle, snack, shin guards (for soccer)

CHEERLEADING & DANCE

Ages 4-8

June 13-15..... 9:00 A.M. – 12:00 P.M.
\$80; \$75 Shoreview Resident..... **Activity # 390918-01**

Turtle Lake Elementary Gym

This camp helps children explore cheerleading, dance and tumbling in a fun and non-competitive setting. Participants will learn motion/jump technique, sideline/performance cheers, and dance routines. On the final day participants will perform a cheerleading program in front of their friends and family. Participants receive a set of pom-poms.

MINI-SPORT SAMPLER

Ages 4-6 \$89; \$84 Shoreview Resident

June 18-21
1:00 P.M. – 4:00 P.M. **Activity # 390912-01**

Cummings Park (Arden Hills)

Mini-Sport helps children explore baseball, soccer, lacrosse and flag football in a fun and non-competitive setting. The coaches are committed to helping the young athletes start off on the right foot, as they take their first steps into sports.

SKATEBOARDING

Ages 6-12

June 18-21..... 9:00 A.M. – 12:00 P.M.
\$95; \$90 Shoreview Resident..... **Activity # 390914-01**

Shoreview Community Center Skate Park

Skateboarding is one of the world's fastest growing sports. Whether you are just learning or looking to learn more advanced tricks, this camp is for you. Individual skills/tricks taught: balance, stopping, turning, ollie, nollie, heelflip and kickflips. Bring a skateboard and helmet. Knee pads, elbow pads and wrist guards are optional.

LACROSSE

June 25-28..... 9:00 A.M. – 12:00 P.M.
\$89; \$84 Shoreview Residents Perry Park (Arden Hills)

Ages 5-7 **Activity # 390915-01**

Ages 8-12..... **Activity # 390915-02**

This camp is designed for both boys and girls ages 5–12. Non-contact lacrosse, also known as “soft lacrosse” is played. Individual skills taught: catching, throwing, scooping and cradling. All equipment is provided.

TBALL

Ages 4-6

June 25-28..... 1:00 P.M. – 4:00 P.M.
\$89; \$84 Shoreview Resident..... **Activity # 390922-01**

Cummings Park (Arden Hills)

This camp is designed to introduce children to the fun game of TBall. Sports Unlimited staff will focus on helping children learn the rules of the game, throwing, catching, hitting, base running and fielding. Children should bring a baseball glove. All other equipment is provided.

SAND VOLLEYBALL

Ages 6-12..... \$89; \$84 Shoreview Resident

July 9-12
1:00 P.M. – 4:00 P.M. **Activity # 390917-01**

August 6-9
9:00 A.M. – 12:00 P.M. **Activity # 390917-02**

Shoreview Comm. Center Outdoor Sand Volleyball Court

This camp is designed to introduce the young athlete to the sport of volleyball through skill development and small group games focusing on helping the children learn the rules of volleyball while working on team play and sportsmanship. Individual skills taught: spiking, serving, setting and hitting.

OUTDOOR FLOOR HOCKEY

Ages 6-10

July 16-19 9:00 A.M. – 12:00 P.M.
\$89; \$84 Shoreview Resident..... **Activity # 390913-01**

Bobby Theisen Park

This camp will focus on the fundamental skills of Floor Hockey using small group activities, scrimmages and fun games. Floor Hockey combines the stick handling, passing and shooting skills of Ice Hockey. **No inline skates allowed.** Hockey sticks will be provided.

SNAG GOLF

Ages 5-8

July 16-19 9:00 A.M. – 12:00 P.M.
\$89; \$84 Shoreview Resident..... **Activity # 390923-01**

Shamrock Park

This camp is specifically designed for the entry level golfer. Sports Unlimited uses SNAG (Starting New at Golf) equipment which involves golf clubs with oversized plastic heads and tennis ball sized velcro golf balls to help kids develop the skills of hitting the ball. Kids will learn fundamentals of the grip, stance, swing, ball contact, putting, chipping and driving. All equipment is provided.



SOCCER

Ages 5-10

July 23-26 1:00 P.M. – 4:00 P.M.
\$89; \$84 Shoreview Resident..... **Activity # 390920-01**

Shamrock Park

This camp is designed to introduce the young athlete to the sport of soccer through skill development and small group games focusing on shooting, passing, dribbling along with learning the strategies of offense and defense.

GOLF

Ages 8-12

July 30-August 2 1:00 P.M. – 4:00 P.M.
\$94; \$89 Shoreview Resident..... **Activity # 390919-01**

Perry Park (Arden Hills)

The Sports Unlimited golf program was created to meet the growing needs of the new generation of young golfers. We will instruct the fundamentals of grip, stance, swing, ball contact, putting, chipping and driving. Golf rules and etiquette will also be covered. All campers will receive a sleeve of Sports Unlimited golf balls.

GAME ON

Ages 4-6

August 6-9 10:00 A.M. – 12:00 P.M.
\$76; \$71 Shoreview Resident..... **Activity # 390924-01**

Cummings Park (Arden Hills)

This camp will introduce campers to all their favorite playground games: Ships Across the Ocean, Animal Tag, Red Light-Green Light, Kickball, Capture the Flag, Sharks and Minnows, Duck-Duck-Gray Duck, Dodgeball (soft sponge balls), Steal the Bacon and many more.

FLAG FOOTBALL

Ages 6-12

August 6-9 1:00 P.M. – 4:00 P.M.
\$89; \$84 Shoreview Resident..... **Activity # 390921-01**

Perry Park (Arden Hills)

This camp is designed to introduce the young athlete to the sport of flag football focusing on passing, catching, kicking along with learning the strategies of offense and defense.

BOWLING CAMP

Ages 5 to 18

Flaherty's Arden Bowl

(1273 West County Road E, Arden Hills, 55112)

Little Strikers (Ages 5 to 10)

Tuesday – Thursday, June 19-21 10:00 A.M. – 11:30 A.M.
\$40 per participant..... **Activity # 390901-01**

Strikers (Ages 7 to 18)

Monday – Thursday, July 9-12 10:00 A.M. – 12:00 P.M.
\$60 per participant..... **Activity # 390901-02**

Little Strikers camp will teach bowling basics. Kids will visit Bowlopolis, an animated city all about bowling, where they'll meet the characters and learn that bowling is fun!

Strikers camp is designed for bowlers to improve their technique and form with professional instructors. Or if you're new to bowling, this camp will get you ready to join a Fall league with your friends!

Participants in both camps will receive lunch each day of camp. Lunch will be served 30-minutes prior to camp ending. Transportation NOT provided. **Registration deadline is 1 week prior to the camp start date.**

flaherty's
arden bowl

Summer Leagues

Registration deadline is April 25. Registrations submitted after April 25 will be subject to availability and a \$10 late fee. No special friend requests accepted after the deadline.

Volunteer coaches are needed for all youth sports leagues. If you sign up to be a coach, your child's registration fee will be refunded at the end of the season (one child per team coached). Please complete the box on the registration form if you are interested in coaching. If you have any questions contact Jeremy Bailey at 651-490-4753.

SOFTBALL LEAGUES

Grade levels based on 2011-12 school year

Mondays and Wednesdays, May 30 – July 30. Games and practices last for one hour, starting at 6:00 P.M. or 7:15 P.M.

\$57, \$47 Shoreview Resident; \$10 late fee after April 25.

Girls (Coach-Pitch), Grades 2-3 Activity # 390301-01

Girls (Coach-Pitch), Grades 4-5 Activity # 390302-01

The youth slow pitch softball program is designed to improve participant's skills and teamwork while creating a fun, positive environment. Every effort is made to rotate players through all positions and provide equal playing time. Players will receive a t-shirt and hat.

COACHES MEETING: Thursday, May 17, 7:15-8:15 P.M., Shoreview Community Center

T-BALL & BASEBALL LEAGUES

Grade levels based on 2011-12 school year

(Must be 4 by May 31, 2012)

Games and practices last for one hour, starting at 6:00 P.M. or 7:15 P.M.

\$57, \$47 Shoreview Resident; \$10 late fee after April 25.

Mini Sluggers (CoRec T-Ball), Ages 4-5

Tues & Thurs, May 31 – July 31 **Activity # 390101-01**

Little Sluggers (CoRec Coach Pitch), Gr K-1

Tues & Thurs, May 31 – July 31 **Activity # 390102-01**

Sluggers (CoRec Coach Pitch), Grades 2-3

Tues & Thurs, May 31 – July 31 **Activity # 390103-01**

Slammers (Boys Kid Pitch), Grades 4-5

Mon & Wed, May 30 – July 30 **Activity # 390104-01**

This program is designed to introduce youth to the game of baseball. The program will include practices and instructional, fun-filled games against other teams. Players will receive a t-shirt and hat. A tee will be used if necessary in the Little Sluggers league.

COACHES MEETING: Thursday, May 17, 6:00-7:00 P.M., Shoreview Community Center

SUMMER SOCCER LEAGUES

Grade levels based on 2012-13 school year

(Must be age 4 by June 4, 2012)

Games and practices last for one hour, starting at 6:00 P.M. or 7:15 P.M.

\$57, \$47 Shoreview Resident; \$10 late fee after April 25.

Mini Mites CoRec, Ages 4-K

Mondays, June 4 – July 30 **Activity # 390201-01**

Mites CoRec, Grades 1 and 2

Mon. & Wed., May 30 – July 30 **Activity # 390202-01**

Squirts CoRec, Grades 3 and 4

Tues. & Thurs., May 31 – July 31 **Activity # 390203-01**

Our soccer leagues focus on learning the basic skills, fundamentals and rules of soccer through fun filled practices and games against other teams. Program consists of one practice and one game each week (Mini Mites—one day a week). Players will receive a t-shirt and are required to wear shin guards.

COACHES MEETINGS: Wednesday, May 16, 6:00-7:00 P.M., Shoreview Community Center



Fall Soccer

Register by July 26 for fall soccer. Registrations submitted after July 26 deadline will be subject to availability and a \$10 late fee. No special friend requests accepted after the deadline.

Volunteer coaches are needed for Fall Soccer. If you sign up to be a coach, your child's registration fee will be refunded at the end of the season (one child per team coached). The commitment of coaching includes one practice (coach chooses the night/time) and one game per week. Please complete the box on the registration form if you are interested in coaching. If you have any questions contact Jeremy Bailey at 651-490-4753.

FALL SOCCER LEAGUES

Grade levels based on **2012-13 school year**
(Must be age 4 by September 8, 2012)

Practice: Begin practicing late August; one practice per week; day and time TBD by coach.

Games: Saturday mornings, September 8–October 13

\$55; \$45 Shoreview Resident; \$10 late fee after July 26.

Mini Mites CoRec, Ages 4-K Activity # 490208-01
Mites CoRec, Grades 1-2 Activity # 490208-02
Squirts CoRec, Grades 3-4 Activity # 490208-03
Pee Wee CoRec, Grades 5-6 Activity # 490208-04
Bantams CoRec, Grades 7-8 Activity # 490208-05

Recreational league play for children ages four years old to grade 8. Boys and girls will learn the skills, rules, and strategies of the fun and exciting game of soccer. Program consists of one practice and one game each week (Mini Mites—one day a week). Players will receive a t-shirt and are required to wear shin guards.

COACHES MEETINGS

Thursday, August 16

6:00 P.M. – 7:00 P.M.

Shoreview Community Center

IMPORTANT YOUTH SPORT LEAGUE INFORMATION

- You may request to be on a team with a friend, but that friend must request you as well. One special request per player, no chain requests will be allowed. All teammate requests must be submitted by the registration deadline. There is no guarantee that special friend requests can be honored.
- No requests, roster changes, or refunds will be honored after the registration deadline.
- Practice days in the fall league are chosen by the coach in mid August. Please make note on registration form if there is any days your child absolutely CAN NOT practice. We will attempt to honor your request—more than one day listed may not be possible.
- A volunteer coach will contact you with your first practice time and location the week before practices begin. A detailed schedule for the whole season will be given out at the first practice.
- Practices and games will be held at various parks in Shoreview or neighboring cities.
- Every attempt is made to organize teams by school or neighborhoods.
- Every effort is made to balance the number of boys and girls in our co-rec league, dependent on requests and registrations.



YOUTH SPORTS

ELEMENTARY TRACK

Grades 4 and 5

On your mark, get set, have fun! Join your friends this spring in Elementary Track as we put fun in fitness. Try the high jump, 60-meter dash, relay events and much more! Offered at Island Lake and Turtle Lake Elementary. Practice will begin sometime the week of April 30. **Look for a flyer to be distributed in school early April.**



SPORTS GAMES

4 years to Kindergarten 4:40 P.M. – 5:40 P.M.
\$36 per participant

Island Lake Elementary Gym

Tuesdays, April 17 – May 22 **Activity # 290407-01**

Turtle Lake Elementary Gym

Mondays, April 16 – May 21 **Activity # 290407-02**

Jump, catch, dribble, and kick! Children will learn about sports and develop skills. Instructors will teach kids according to skill level. Sports include soccer, floor hockey, basketball, and others.

BASEBALL & SOCCER

Grades 1 – 3 3:30 P.M. – 4:30 P.M.
\$36 per participant

Island Lake Elementary Gym

Tuesdays, April 17 – May 22 **Activity # 290401-01**

Turtle Lake Elementary Gym

Mondays, April 16 – May 21 **Activity # 290401-02**

Throw, catch, dribble, and kick—these fun activities make this class a hit! Our instructor will lead sessions in soccer and baseball.

DODGEBALL & NITROBALL

Grades 2 – 5 3:30 P.M. – 4:30 P.M.
\$36 per participant

Island Lake Elementary Gym

Wednesdays, April 18 – May 23 **Activity # 290402-01**

Turtle Lake Elementary Gym

Wednesdays, April 18 – May 23 **Activity # 290402-02**

This class will introduce your child to the new and exciting game of NitroBall, a spin-off on the classic game of volleyball and a familiar favorite in Dodgeball. Get ready for your kids to have fun playing these two action packed games, jumping and running while getting a fabulous cardio workout! Exercise and fun all in one!

MINI KICKERS SOCCER CAMP

Ages 3 to 8 \$65; \$60 Shoreview Resident
Saturdays, April 14 – May 19

Ages 6 to 8

9:00 A.M. – 9:45 A.M. **Activity# 290801-01**

Ages 3 to 5

10:00 A.M. – 10:30 A.M. **Activity# 290801-02**

Shoreview Community Center Gym

Come out and learn the fundamentals of little kids' soccer. This is a great class for learning the basic skills and sportsmanship of soccer. John Swallen, former goalkeeper for the Minnesota Thunder, will teach youth through a variety of fun soccer games. Classes meet for six sessions.

SPRING SPORTS WARMUP

Ages 4 – Grade 3..... \$40, \$35 Shoreview Resident

Commons Park

* Soccer will meet at the small field by Skate Park.

* TBall & Baseball will meet at field by tennis courts

Spring Soccer Warmup, 4 years to Kindergarten

5:00 P.M. – 5:50 P.M.

Mondays, April 16 – May 14..... **Activity #290802-01**

Wednesdays, April 18 – May 16..... **Activity #290802-02**

Spring Soccer Warmup, Grades 1 to 3

6:00 P.M. – 7:00 P.M.

Mondays, April 16 – May 14..... **Activity #290803-01**

Wednesdays, April 18 – May 16..... **Activity #290803-02**

Spring TBall Warmup, 4 & 5 years old

5:00 P.M. – 5:50 P.M.

Tuesdays, April 17 – May 15 **Activity #290804-01**

Thursdays, April 19 – May 17..... **Activity #290804-02**

Spring Baseball Warmup, Kindergarten to Grade 3

6:00 P.M. – 7:00 P.M.

Tuesdays, April 17 – May 15 **Activity #290805-01**

Thursdays, April 19 – May 17..... **Activity #290805-02**

Are you ready for summer sports? Come out and get a head-start on this summer, learn the basic skills of soccer or baseball through drills and games. You and your friends will have a great time. Classes are held outside; please dress appropriately for the weather. **Any cancelled classes will be made up the week of May 21.**

WEATHER LINE

Weather line **(651-490-4765)** is updated by 3:30 P.M. After 3:30 P.M., the decision to hold class will be made on the field by the instructor.



Area Tennis Courts

Bobby Theisen

Vivian and Country Road E 3 Courts

Bucher

5900 Mackubin Street 2 Courts

Chippewa Mid. School

5000 Hodgson Road 5 Courts

McCullough

915 Country Road I 2 Courts

Shamrock

5623 Snelling Avenue..... 2 Courts

Shoreview Commons

4600 Victoria Street..... 2 Courts

Sitzer

4344 Hodgson Road 2 Courts

Wilson

815 County Road F.....2 (lighted) Courts

USTA TEAM TENNIS JUNIOR TEAM

Ages 14 and under 1:30 P.M. – 3:30 P.M.

Mondays and Wednesdays, June 11 – July 25

\$86; \$76 Shoreview Resident..... **Activity # 390604-01**

Mounds View High School

A mid-level program for kids entering grades 5–9 who are comfortable with full-court match play. Juniors play on a Shoreview/Arden Hills team in a traveling league with teams from neighboring communities. **Transportation not provided.** Space is limited.

USTA TEAM TENNIS SENIOR TEAM

Ages 18 and under 1:30 P.M. – 3:30 P.M.

Tuesdays and Thursdays; June 12 – July 26

\$86; \$76 Shoreview Resident..... **Activity # 390605-01**

Mounds View High School

Players entering grades 9 through 12 who plan to play high-school B squad, Junior Varsity, or Varsity tennis are invited to play in this upper level traveling league.

Transportation not provided. Shoreview and Arden Hills will team up in a league with teams from neighboring communities.

TENNIS

As a member of the United States Tennis Association (USTA), we are able to provide you with quality instruction that meets national standards in technique and appropriateness for varying skill levels. Using USA Tennis 1-2-3 fundamentals, instructors will help participants progress from basic skills through intermediate skills. Participants should bring their own racquet and water bottle. Sign up with a friend or family member. Meet other players, develop your skills, get some exercise—and, most of all, have fun! Classes meet for six 55-minute lessons. Pee Wees meet for 45 minutes. Tennis balls are provided. Weather cancellations will be made at the court by the instructor.

PRIVATE LESSONS

Five 1-hour Sessions

\$130 for Individual Private Lessons

\$100 each participant for Semi Private Lessons

Individual Private Lessons

Spring..... **Activity # 290602-01**

Summer..... **Activity # 390602-01**

Fall..... **Activity # 490602-01**

Semi Private Lessons

Spring..... **Activity # 290603-01**

Summer..... **Activity # 390603-01**

Fall..... **Activity # 490603-01**

Personalized high-quality tennis instruction for players who want to improve their court game. This program offers one-on-one tennis instruction for the casual or avid tennis player. Our instructors will help you work on your ground strokes, serves, volleys, lobs, and smashes in an individual setting. Semi private lessons are for participants of equivalent ability.

Please note: Our instructors have other job responsibilities outside of the individual tennis instruction. They come specifically to teach tennis to individuals. For this reason, please note that notice of any cancellation must be given 24 hours in advance, or you will forfeit the session.



GROUP LESSONS

All group lessons

\$55; \$45 Shoreview Resident

Pee Wees

Ages 5 to 7

Using USA Tennis 1-2-3 fundamentals, Pee wees are taught the basics of tennis in a fun, exciting environment. The instructor introduces tennis slowly using beach balls, bean bags, and integrating games progressing at individual's pace. Balls are provided. Children should bring their own junior size racquet and a water bottle.

Beginners

Ages 7 to 11

For players with little or no tennis experience. Instruction focuses on grip, rules, and fundamental strokes.

Advanced Beginners

Ages 9 to 11

Perfect for the player who has taken lessons, but needs stroke and technique improvement. Instruction focuses on stroke consistency and introduces new strokes.

Intermediate

Ages 11 to 14

For youth with dependable strokes who have completed advanced beginner class. Instruction will focus on court coverage, game strategy, stroke use and much more.

Adult Basics

Ages 18+

Brushing up on your tennis skills—or even just getting started—is easy and fun with our Basics class, an accelerated six-lesson program. All tennis basics will be covered, including actual play led by instructor. Instructor will group participants of similar ability.

SPRING MORNING LESSONS

Saturdays, April 14 – May 19. Make-up lessons held June 2 and 9 if necessary.

Class Level	Day	Time	Location	Activity #
Pee Wees	Sat	10:00–10:45 A.M.	Bobby Theisen	290606-03
Beginners	Sat	11:00–11:55 A.M.	Bobby Theisen	290607-03
Adult Basics	Sat	12:00–12:55 P.M.	Bobby Theisen	220901-01

SPRING EVENING LESSONS

April 23 – May 10. Make-up lessons held the week of May 14 if necessary.

Class Level	Day	Time	Location	Activity #
Pee Wees	M,W	5:45–6:30 P.M.	Bobby Theisen	290606-01
Pee Wees	T, Th	5:45–6:30 P.M.	Bobby Theisen	290606-02
Beginners	M, W	6:35–7:30 P.M.	Bobby Theisen	290607-01
Beginners	T, Th	6:35–7:30 P.M.	Bobby Theisen	290607-02

SUMMER & FALL MORNING LESSONS

June 11-28. Make-up lessons will be held the week of July 2 if necessary.

Class Level	Day	Time	Location	Activity #
Pee Wees	M, W	9:00–9:45 A.M.	Bobby Theisen	390606-01
Pee Wees	T, Th	9:00–9:45 A.M.	McCullough	390606-02
Beginners	M, W	9:50–10:45 A.M.	Bobby Theisen	390607-01
Beginners	T, Th	9:50–10:45 A.M.	McCullough	390607-02
Advanced Beginners	M, W	10:50–11:45 A.M.	Bobby Theisen	390608-01
Advanced Beginners	T, Th	10:50–11:45 A.M.	McCullough	390608-02
Intermediate	M, W	11:50 A.M.–12:45 P.M.	Bobby Theisen	390609-01
Intermediate	T, Th	11:50 A.M.–12:45 P.M.	McCullough	390609-02

July 9-26. Make-up lessons will be held the week of July 30 if necessary.

Class Level	Day	Time	Location	Activity #
Pee Wees	M, W	9:00–9:45 A.M.	Bobby Theisen	390606-03
Pee Wees	T, Th	9:00–9:45 A.M.	McCullough	390606-04
Beginners	M, W	9:50–10:45 A.M.	Bobby Theisen	390607-03
Beginners	T, Th	9:50–10:45 A.M.	McCullough	390607-04
Advanced Beginners	M, W	10:50–11:45 A.M.	Bobby Theisen	390608-03
Advanced Beginners	T, Th	10:50–11:45 A.M.	McCullough	390608-04
Intermediate	M, W	11:50 A.M.–12:45 P.M.	Bobby Theisen	390609-03
Intermediate	T, Th	11:50 A.M.–12:45 P.M.	McCullough	390609-04

August 6-15. Make-up lessons held August 9 & 16 if necessary.

Class Level	Day	Time	Location	Activity #
Pee Wees	M,T,W	9:00–9:45 A.M.	Bobby Theisen	390606-05
Beginners	M,T,W	9:50–10:45 A.M.	Bobby Theisen	390607-05
Advanced Beginners	M,T,W	10:50–11:45 A.M.	Bobby Theisen	390608-05
Intermediate	M,T,W	11:50 A.M.–12:45 P.M.	Bobby Theisen	390609-05

Saturdays, September 8 – October 13. Make-up lessons held October 20 & 27 if necessary.

Class Level	Day	Time	Location	Activity #
Pee Wees	Sat	10:00–10:45 A.M.	Bobby Theisen	490606-01
Beginners	Sat	11:00–11:55 A.M.	Bobby Theisen	490607-01
Advanced Beginners	Sat	12:00–12:55 P.M.	Bobby Theisen	490608-01
Adult Basics	Sat	1:00–1:55 P.M.	Bobby Theisen	490601-01

SUMMER EVENING LESSONS

June 11-July 26 (No class week of July 2)

Make-up lessons held weeks of July 30 and August 6 if necessary.

Class Level	Day	Time	Location	Activity #
Pee Wees	M	6:00–6:45 P.M.	Bobby Theisen	390606-06
Pee Wees	T	6:00–6:45 P.M.	Bobby Theisen	390606-07
Beginners	T	7:00–7:55 P.M.	Bobby Theisen	390607-06
Beginners	Th	6:00–6:55 P.M.	Bobby Theisen	390607-07
Advanced Beginners	Th	7:00–7:55 P.M.	Bobby Theisen	390608-06
Intermediate	W	7:00–7:55 P.M.	Bobby Theisen	390609-06
Adult Basics	M	7:00–7:55 P.M.	Bobby Theisen	390601-01
Adult Basics	W	6:00–6:55 P.M.	Bobby Theisen	390601-02

Start your spring by learning golf with the correct fundamentals or by changing old habits before they get too ingrained through our classes at Island Lake Golf & Training Center. You will be learning from an instructor trained by Greg Schulze, one of only 5 PGA Master Professional's of Instruction in Minnesota and the recipient of the 2007 Minnesota PGA Teacher of the Year Award. Island Lake Golf & Training Center is conveniently located behind the Shoreview Target store at the intersection of I-694 and Lexington Avenue. Bring your own clubs or they can be provided with advanced notice. Price includes all range balls.

JUNIORS – GETTING IT RIGHT THE FIRST TIME!

Ages 7 to 15..... \$75; \$65 Shoreview Resident

Mondays, 4:45 P.M. – 5:30 P.M.

April 23, 30, May 7..... **Activity # 290701-01**

June 11, 18, 25.....**Activity # 390701-01**

Tuesdays, 4:45 P.M. – 5:30 P.M.

April 24, May 1, 8..... **Activity # 290701-02**

July 10, 17, 24..... **Activity # 390701-02**

September 4, 11, 18..... **Activity # 490701-01**

Do you wish for your child to ingrain proper golf habits, which will not need correcting in the future? Learning the fundamentals of putting, chipping, full swing and fun ways to practice them correctly will transition good junior learners into future great adult golfers!

THE BASICS OF GOLF

Ages 16 and up..... \$85; \$75 Shoreview Resident

Mondays, 5:45 P.M. – 6:45 P.M.

April 23, 30, May 7..... **Activity # 220601-01**

June 11, 18, 25..... **Activity # 320601-01**

Tuesdays, 5:45 P.M. – 6:45 P.M.

April 24, May 1, 8..... **Activity # 220601-02**

July 10, 17, 24..... **Activity # 320601-02**

September 4, 11, 18..... **Activity # 420601-01**

This beginner course introduces you to the fundamentals of the pre-swing, full swing, putting and chipping with a strong emphasis on how to practice effectively. These 3-session hour-long lessons will have two goals, to have fun and learn golf for long-term enjoyment.

INTERMEDIATES – THE PROGRESSION OF LEARNING GOLF

Ages 16 and up..... \$85; \$75 Shoreview Resident

Mondays, 7:00 P.M. – 8:00 P.M.

April 23, 30, May 7..... **Activity # 220602-01**

July 9, 16, 23..... **Activity # 320602-02**

Tuesdays, 7:00 P.M. – 8:00 P.M.

April 24, May 1, 8..... **Activity # 220602-02**

June 12, 19, 26..... **Activity # 320602-01**

September 4, 11, 18..... **Activity # 420602-01**

For those with some golf experience and understanding but want to challenge yourself to learn more and improve your scores. With increased skills always comes greater fun! Three 1-hour classes will expand on the fundamentals of putting, chipping, the full swing and mental skills.

Questionable weather:

Please contact the Island Lake Golf Pro Shop at 651-787-0383 to see the status of you lesson. If your lesson has been cancelled, make-up lessons will be held the week after classes have ended.

Other opportunities at Island Lake Golf and Training Center

Island Lake has many different leagues for you to join, including Junior, Beginners, Women's, Men's, Mixed-Adult and corporate leagues. Please contact the Island Lake Pro Shop at 651-787-0383 for more information.



SWEETROLL SKATE PARK

The SweetRoll is a tier-one skating facility, located on the north side of the Shoreview Community Center, 4580 Victoria Street North, adjacent to the paved trail that runs under Highway 96. This allows access to the SweetRoll via the City of Shoreview's 41 miles of paved trails. The attractions include a wedge, a spine, a fun box, a quarter pipe, grind rails, and a mini ramp. The Skate Park will be open for inline skaters and skateboarders during the times listed below.

Park Hours

Monday–Friday

3:30–8:00 P.M. School Year

9:00 A.M.–8:30 P.M. Summer

Saturday

9:00 A.M.–7:30 P.M. School Year

9:00 A.M. – 8:30 P.M. Summer

Sunday

9:00 A.M.–5:30 P.M. School Year & Summer

Hours subject to change.

Rules

- Bicycles and scooters are not permitted on the skate park.
- For your safety, helmets, knee and elbow pads, wrist supports, proper shoes, and other personal protection equipment should be worn.
- Tobacco, alcohol, and illegal use of drugs are prohibited.
- Profanity, loud music, and disruptive behavior are not allowed.
- Respect others; share the space.
- Keep the park clean—dispose of all trash in the proper containers.
- Skating privileges may be revoked for failure to follow the rules.

ADVENTURE QUEST LEADERS IN TRAINING

Entering grades 7 to 9

June 11 – August 2

\$64; \$56 Shoreview Resident **Activity # 370507-01**

Join us for this exciting leadership program! We are looking for youth that will be entering 7th to 9th grade in the fall of 2012 that are interested in learning more about leadership and getting a chance to develop those leadership skills working with our Summer Playgrounds Program. Participants will meet with a program staff the first week of the program to determine park placement and dates to work with playground program.

STORYTELLING AND PRESENTATION SKILL

Monday – Thursday, July 30 – Aug 2 \$79

Completed grades 5-7 9:30 A.M. – 12:00 P.M.

..... **Activity # 370225-01**

Completed grades 8-11 12:30 P.M. – 3:00 P.M.

..... **Activity # 370225-02**

Arden Hills City Hall

In this class, students will learn to craft their own story and present it to an audience. Storytelling is the art of conveying one view of an event, using the teller's words, images, sounds, and experiences, and sharing that point of view with a listener. It builds confidence, boosts oral communication, enriches word choices, enhances creativity, improves writing skills, and is **fun**. Classes will cover acting and improv techniques, plot organization, word choice, and knowing your audience. Come learn the entertaining, time honored art for both cultural preservation and motivational change. This class is taught by local professional storyteller and musician, Kathleen Johnson.

MORE TEEN PROGRAMS

Swim Instructor Aide..... p. 25

Life Guard Training p. 30

Group Fitness Classes

(14 & older; 12 & 13 with an adult)..... p. 32

Tae Kwon Do..... p. 40

Cheerleading..... p. 40

Soccer Camp..... p. 57

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Volleyball Camp p. 57

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Fall Soccer p. 61

Tennis Lessons & Leagues p. 63

Golf Lessons..... p. 66

Bowling Camp..... p. 59

For volunteer opportunities call

651-490-4764

SOFTBALL LEAGUES

We offer a variety of co-rec and men's leagues for teams and players of different abilities and interests. Teams are registered with the Minnesota Recreation and Parks Association (MRPA) and with United States Slo-Pitch Softball Association (USSSA). USSSA rules are used for all games.

Program Information

Softballs and umpires are provided for all games. Practices may be scheduled 1-week prior to season. Summer league game times are 6 and 7 P.M. (some 8 P.M. and 9 P.M. games in combined leagues). Fall leagues will start at 5:50 P.M. Leagues consist of 12 single games or 20 doubleheader games. All leagues will have a season ending single elimination playoff.

Registration deadline is March 30 and July 27 for Fall Leagues.

Softball League Descriptions

Men's Recreation E: Good or new teams. Players are not as competitive as in D level, may be older, and have less experience or ability. Three home runs per team.

Men's Recreation D: Better teams. Many of the players hit well. Team capable of scoring many runs. Three home runs per team.

CoRec D: Average teams. Teams have players with broad range of ability levels. Three home runs per team. CoRec leagues use an 11-inch softball for women and a 12-inch softball for men.



Summer Softball Managers Meeting

This meeting is required for all teams registered in Shoreview's leagues. Schedules, rules, information and game balls will be handed out.

Thursday, April 12
Shoreview Community Center

6:00 P.M. – 7:00 P.M.

League	Day	Start Date (tentative)	Games	Team Rate	Activity #
*CoRec D	Monday	April 23	20 Games – Doubleheaders + Playoffs	\$680.....	220801-01
Men's E	Tuesday	April 24	12 Games + Playoffs	\$510.....	220804-01
*Men's D	Wednesday	April 25	20 Games – Doubleheaders + Playoffs	\$640.....	220803-01
CoRec D	Thursday	April 26	12 Games + Playoffs	\$550.....	220801-02
*Men's E	Friday	April 27	20 Games – Doubleheaders + Playoffs	\$640.....	220804-02
CoRec D	Monday	August 13	10 Games – Doubleheaders	\$375.....	420801-01
Men's E	Tuesday	August 14	10 Games – Doubleheaders	\$350.....	420802-01
*Men's D	Wednesday	August 15	10 Games – Doubleheaders	\$350.....	420803-01
CoRec D	Thursday	August 16	10 Games – Doubleheaders	\$375.....	420801-02
*Men's E	Friday	August 17	10 Games – Doubleheaders	\$350.....	420802-02

*Combined league with Arden Hills

COREC KICKBALL LEAGUE

Ages 16 and up

Mondays, Starting June 11 6:10 P.M. or 7:15 P.M.
\$130 per team..... **Activity # 320701-01**

Various fields in Shoreview

Come on back to the playground days for the grown-up version of Kickball. Gather up your co-workers or friends, both guys and girls and put together a team. This is destined to be the best time you have had since grade school. Games are officiated by Park Staff. Kickball, air pump, bases and scorebook provided. Schedule and rules emailed to team managers the week of June 4. **Registration deadline is Friday, May 25 or until league is full.**

ADAPTIVE KICKBALL LEAGUE

Ages 12 and up

Mondays, Starting June 11 6:10 P.M. or 7:15 P.M.
\$100 per team..... **Activity # 320702-01**

Various fields in Shoreview

Are you interested in participating in an adaptive sports program? Gather up your team of family, friends and neighbors to join the Adaptive Kickball League. This league gives people with disabilities and peers the opportunity to make new friends, learn new skills and have tons fun while being part of a team. Games are self-officiated. Kickball, air pump, bases and scorebook provided. Schedule and rules are emailed to team managers the week of June 4. Individuals looking to find a team are encouraged to contact the Parks and Recreation office. **Registration deadline is Friday, May 25 or until league is full.**



ISLAND LAKE SCHOOL ADULT DROP-IN BASKETBALL

Now to May 16..... \$5 per person; pay at door

Wednesdays 6:30 P.M. – 9:00 P.M.

Saturdays 8:00 A.M. – 10:00 A.M.

Island Lake Elementary

Shoot baskets or join a pick-up game arranged by the players. Space limited to 30 players. Call 651-490-4750 for more info.



DODGEBALL LEAGUE

Ages 16 and up..... Wednesday evenings, starting April 4
\$150 per team..... **Activity # 220401-01**

Turtle Lake Elementary

Here is your chance to relive the good ol' times and see if you still have what it takes to be the last person standing. Gather your friends and co-workers to join in on the fun. Teams will play 7 officiated league games and a season ending playoff. Game times vary week-by-week and usually last 45-minutes to an hour. Any ratio of men and women may participate, including all male and all female teams. **Registration deadline is Monday, March 19 or until league is full.**

ADULT DROP-IN VOLLEYBALL

Tuesdays and Thursdays Noon – 1:00 P.M.

Sundays 8:00 A.M. – Noon

Community Center Daily Admission Fee

Drop in for recreational pick-up matches arranged by the players.

ADULT ACTIVITIES

SILVERSNEAKERS® SOCIAL

Join those 65+ for coffee and treats on April 15 from 9:00-10:00 in the Fireside Lounge at the Community Center. Ask questions on eligibility; enroll for a membership, tour the facility and a chance to socialize with others that have a SilverSneakers® membership at the Shoreview Community Center!

KNITTING

Wednesdays, Mar. 21 – April 25
5:30 P.M. – 7:30 P.M.Activity # 200202-01
\$41 (+\$20 supply fee payable to instructor first night of class. Bring a totebag and scissors with you.)
Arden Hills City Hall

CROCHETING

Wednesdays, Mar. 21 – April 25
7:30 P.M. – 9:30 P.M.Activity # 200201-01
\$36 (+\$10 supply fee payable to instructor first night of class)
Arden Hills City Hall

BINGO & BANANA SPLITS

Friday, March 23 1:00 P.M. – 3:00 P.M.
\$5 per person (includes treat & bingo).....Activity # 200504-01
Shake off the winter blues with bananas, ice cream, strawberries, chocolate syrup and B-I-N-G-O! Join us for a great afternoon of family fun! We will have lots of prizes to give away!

MASTER GARDENING TIPS

April 25 5:30 P.M. – 7:00 P.M.
\$5 per person.....Activity # 200212-01
Arden Hills City Hall
Come visit with a master gardener who will share tips on starting a garden, types of flowers, and overall plant care. Taught by a University of Minnesota Extension Service Master Gardener.

TRAVEL TALK

Love to travel but can't find a travel companion to share the costs? We have the perfect solution! Join our group of women (55+) for treats and coffee once a month and get to know each other and become travel buddies! Socials are on **Mondays, Mar. 19, Apr. 16, May 21, June 11, July 16 and Aug. 13 from 9-10 A.M.** in our Fireside Lounge.

FREE ACTIVITIES AT THE COMMUNITY CENTER

500

Mondays at 12:30 P.M.No sign up or partners required

Bridge

Thursdays at 12:30 P.M.No sign up or partners required

Bingo

With prizes! Last Wednesday of the month at 1:00 P.M.
(\$0.25 per card-no min/max cards)

A variety of board and card games may be checked out at the Parks & Recreation upper level desk during business hours for your use in the Fireside Lounge.



AARP TAXAIDE

Wednesdays, Now through April 11
9:00 A.M. – 1:00 P.M.

Community Center - Beachcomber Bay, Lower Level

If you are over 60 years old and need tax assistance, AARP's Tax-Aide volunteers will provide FREE tax assistance to low and moderate income taxpayers. The trained volunteers can complete basic tax forms and answer your tax questions. Bring your current tax records and a copy of last year's tax return. **Appointments are necessary. Please call 651-490-4750.**

AARP DRIVER SAFETY PROGRAM

Driver Safety classes will be offered through the City of Arden Hills from April – August. Please call 651-792-7800 for information regarding these classes.

Who are the Shoreliners and what do they do?

The Shoreliners were established in 1976 as a social club for men and women over 50. The Shoreliners are sponsored by the Parks & Recreation department and activities are coordinated by a staff member. The object of this organization is socialization, making new friends, and the opportunities for personal growth through scheduled meetings and activities. By registering as a Shoreliner, you will receive priority and reduced prices on events, trips and tours as well as the quarterly Shoreliner newsletter. To register as a Shoreliner, visit our office on the upper level at the Shoreview Community Center.

Interesting in joining?

Send \$10 registration fee to:

City of Shoreview
4580 Victoria Street North
Shoreview, MN 55126

Checks should be made payable to the
CITY OF SHOREVIEW

Questions? Email lyoung@shoreviewmn.gov or
call 651-490-4734

Shoreliner Events

SPRING TEA

Tuesday, April 17th..... 12:00-3:00
\$8-Registered Shoreliners, \$10-Guest **Activity # 200509-01**

Registration Deadline: April 13th (No walk-ins)

Welcome spring and wear your favorite hat to a lovely spring tea in our Fireside Lounge. Bring a special teacup/pot and enjoy a delicate luncheon.

OLD LOG THEATRE

Wednesday, May 16th

Coach leaves at 10:30 a.m., Returns around 4:00 p.m.

\$40-Registered Shoreliners, \$45-Guest

.....**Activity # 200301-02**

Registration Deadline: April 30th

A hilarious romp which begins as rival country clubs, Quail Valley and Crouching Squirrel as they head into their annual interclub golf tournament. With a sizeable wager at stake, the contest plays out amidst mistaken identities, three love affairs, a disappearing diamond, objectionable sweaters and an exploding vase! A charming madcap adventure about love, life and man's eternal love affair with....golf. Inquire about a menu upon registration for your luncheon selection

Display Case

The Shoreliners have a display case that can be used to showcase any unique collection! Please call Eileen Kath at 651-484-4853 to reserve space in the cabinet.



PADELFORD & U OF M SHOWBOAT

Thursday, June 21st

Time: Coach leaves 11:45, Returns around 5:30p.m.

\$45-Registered Shoreliners, \$55-Guest

.....**Activity # 200301-03**

Registration Deadline: May 14th

Cruise out of Harriet Island in St. Paul on the Padelford Riverboat! Enjoy lunch consisting of mixed greens with mandarin oranges and poppy seed dressing, sautéed chicken breast, roasted garlic potato puree, vegetable sauté, dinner rolls, cheesecake and coffee. After returning take a simple walk over to the U of M Showboat to take in the live stage show of "The Vampire".

PICNIC IN CUMMINGS PARK, ARDEN HILLS

Wednesday, June 6th

Arrive at 11:00 A.M. – Lunch at 11:30 A.M. – 1:30 P.M.

\$20**Activity # 300508-01**

Entertainment, Lunch and door prizes – For driving directions to Cummings Park call 651-490-4734.

COMMUNITY INFORMATION

ADAPTIVE BOWLING

The Adaptive Bowling program is open to all special education students (7th grade through young adult) in the Mounds View School District. Participants will bowl at the Mermaid Lanes on Saturday mornings from 9:15 to 11:30 A.M. Staff includes two supervisors plus volunteers. The program runs for 10 weeks. Fees cover bowling, shoes and supervision. There will be a bowling banquet with awards at the end of the session. For more information on the exact starting date and fee, please call Pat Tuma at the New Brighton Parks and Recreation Department at 651-638-2123.

MEALS ON WHEELS

The Meals On Wheels program is available to eligible seniors and certified, disabled individuals (regardless of age) who are residents of Mounds View School District 621. Hot, nutritious noon meals are delivered by volunteers Monday through Friday, except on holidays. For more information, call 651-621-7431.

FOOD SHELF DONATIONS

The Community Center is a year-round drop-off site for the Ralph Reeder Food Shelf. When you pack your gym bag, include a non-perishable food item to contribute to the food shelf. Look for the green bins. Thank you!

NORTHWEST YOUTH AND FAMILY SERVICES

Northwest Youth and Family Services, a non-profit social service agency based in Shoreview, serves residents of the northern suburbs. Services include mental health counseling for youth and adults, employment programs for at-risk youth, parenting support groups, and chore services for seniors. For a full listing of programs and services, please visit our web site at www.nyfs.org or call us at 651-486-3808.

SENIOR CHORE SERVICE

Need assistance with household chores? Students ages 12 to 17 are available to assist with mowing, snow shoveling, housecleaning and other projects on a one-time, weekly or monthly basis. Rates are affordable and financial assistance is available to eligible seniors to offset the cost. Call Debbie at 651-379-3451 to arrange for chore service.

ATHLETIC ASSOCIATIONS

Shoreview Area Youth Baseball
www.sayb.org

Irondale Baseball Assoc.
www.geocities.com/ibl_baseball/

Mounds View Basketball Assoc.
Hotline: 651-631-1943
www.moundsviewbasketball.com

Mounds View Youth Football League
www.moundsviewyouthfootball.org

Irondale Youth Hockey Association
www.iyhaleague.org

Irondale Girls Fastpitch
www.knightsfastpitch.org

Mounds View Hockey Assoc.
www.mvhockey.org

North Suburban Soccer Assoc.
www.nssasoccer.org

Mounds View Softball Assoc.
www.mvsafastpitch.org

Mounds View Rugby Club
Hotline: 612-656-0518
www.moundsviewrugbyclub.com

Iron Mustang Wrestling
612-590-2114
www.ironwrestling.com

North Suburban Aquatic Club
www.nsmakos.org

Roseville Area Youth Hockey
www.rosevillehockey.org
612-817-5159

FREE
Community
Center
Membership!

JOBS THAT FIT YOUR LIFESTYLE!

Part-Time • Flexible Hours • Fun People



Adult Softball Umpires Officiate adult softball games. Previous umpiring or softball playing experience preferred. Please contact Ken Cooper at 651-484-8390 for further information. (Do not submit a City application form for this position.)

Adventure Quest Playground Instructors

Lead pre-school & elementary age children in Summer playground program including sports, crafts, games, storytelling, songs & special events. Exp. working with children and elementary course work desired. June - Aug. Day hours. \$8 - \$10/hr. Must be willing to commit for entire summer.

Child Care Attendants Provide care for children ages 6 months to 12 years of age at our childcare center located in the Shoreview Community Center. Experience working with pre-schoolers pref. Mon. - Sat. 8 am - 12:30 pm & Evening hours M - F from 4 pm - 8:30 pm. \$7.50 - \$8.75/hr.

Fitness Instructor All formats including adult step, high-low impact, water exercise, yoga, pilates, revving and dance-based fitness classes. Certifications pref. Morning, afternoon and evening hours available.

Kickball Officials Officiate adult kickball games at various parks in Shoreview. Previous officiating or playing experience preferred. Mon. evenings, June - Aug. \$15 per game depending on qualifications.

Lifeguards (we will train Ellis Certification) Lifeguard in a tropical paradise at our beautiful indoor pool. Ensure the safety of pool guests by preventing and responding to emergencies. Lifeguards needed for morning, afternoon and evening hours. Current certification or we will train. \$8 - \$10/hr.

Seasonal Maintenance Workers Parks, Streets and Utilities are hiring full-time summer help to perform general labor such as landscape and grounds care, street mtce and repairs, water/sewer mtce. Must have HS diploma or GED, be 18+ yrs of age, lift/move 50 - 100 lbs. \$10 - \$12/hr.

Personal Trainers Our emphasis is on helping people meet their fitness goals. Responsibilities include generating your own client base and providing one-on-one personalized fitness consultation, education, & motivation to Shoreview fitness participants. Design safe, effective workouts & work on general health, sports specific conditioning, and general rehabilitation. National Training cert. or exercise science/health degree desired. \$17 - \$20/hr

Youth Soccer Officials Officiate youth soccer games. Previous officiating or soccer playing experience preferred. 1 - 3 games each Saturday. June - July. \$15 per game.

Service Desk Work in a fast-paced environment assisting guests on the phone and in-person, operate cash register and reconcile cash, enter memberships into computer, handle a variety of information, assist with concessions when needed. \$7.75 - \$9/hr.

Sports Instructor Instruct elementary age children in a variety of sports including t-ball, floor hockey, soccer, kickball, flag football, and basketball. A general sports background/knowledge and a desire to teach children basic sports skills required. Weekdays approx 3:30 - 5:40 pm; 5 hours per week. April - May. \$9 - \$11/hr.

"Summer Discovery" Coordinator Oversee Summer child care program. Duties include program development, staff supervision, communication with parents. Previous childcare or youth instruction experience required. Background in elementary education and supervisory exp. pref. Weekdays, M - F. Shifts vary between 6 am - 6 pm. May - Aug. \$12 - \$14/hr. Must be willing to commit for entire summer.

"Summer Discovery" Instructors Supervise and care for children grades K-6 in full-day childcare. Plan and implement program activities ranging from arts and crafts to sports instruction. Weekdays M - F, hours vary between 6 am - 6 pm, June - Sept. \$8 - \$10.50/hr. Must be willing to commit for entire summer.

Swimming Instructors (we will train) Swimming instructors needed for morning, afternoon and evening lessons at the Community Center pool. \$8 - \$12/hr.

Tennis Instructors Instruct youth and adults in beginning & advanced tennis classes. Previous teaching experience along with playing experience required. Weekday evenings & Saturday mornings, April - May. \$10.50 - \$12.50/hr. depending on qualifications.

Wave Cafe Wave Café attendants prepare food orders, operate a cash register, maintain a clean work area, stock supplies, clean tables and help keep the lobby area neat. Mon - Fri 9:30 am. 3:30 pm. \$7.50 - \$8.50/hr. Evenings \$7.25 - \$8/hr.

www.shoreviewmn.gov

Job Line 651-490-4637

651-490-4750



RECREATION AREAS

Shoreview Recreation Areas



Web Page: www.shoreviewmn.gov

	Acres	Ballfields	Basketball Court	Football/Soccer	Hardcourt Area	Hockey Rinks	Paths	Picnic Areas	Playground Eq.	Shelter	Skating, general	Skating, Speed	Soccer	Swimming	Tennis Courts	Volleyball
Bobby Theisen Park Cty Rd E & Vivian East & West of Island Lake School	15		1										1		3	
Bucher Park 5900 Mackubin North on 49, right on Elaine	25	2	1										1		2	
Chippewa Middle School 5000 Hodgson Rd		3											2		5	
Emmet Williams Elem. School 955 Cty Rd D—Between Lex. & Cty Rd D		2														
Island Lake Elem. School 3555 N. Victoria—Victoria & Cty Rd E		2														
Lake Judy Park 900 Tillerun — Arboast & Richmond	5		1/2													
McCullough Park 915 County Rd I North on Lexington, right on Cty Rd I	75	2	1										1		2	
Ponds Park 190 Sherwood Road Sherwood and Pond Drive	1															
Rice Creek Fields 5880 Rice Creek Parkway	10	4														
Shamrock Park County Road I & Snelling N. on Lexington to Cty Rd I, W. 2 miles	23	2	1										1		2	
Shoreview Commons and Community Center 4650 North Victoria	40	2	1										1		2	
Sitzer Park 4344 Hodgson	8	2	1												2	
Snail Lake Elementary School Highways 49 and 96		2														
Turtle Lake Elementary School Country Road I & Lexington		2														
Wilson Park 815 County Road F 1 block W. of Victoria, North of 694	13	2	1												2	

The following are recreation areas operated by Ramsey County Parks and Recreation and located within the City of Shoreview. For more information on these parks, please call 651-748-2500. www.co.Ramsey.mn.us

	Acres	Boat Ramp	X-Country Skiing	Fishing	Hiking Trails	Hockey Rinks	Golf Course	Paths	Picnic Areas	Playground Eq.	Shelter	Swimming
Island Lake County Park 3611 Victoria Street	167											
Lake Owasso County Park 370 N. Owasso Blvd.	9											
Shoreview Ice Arena 877 Highway 96 (Hockey only)												
Snail Lake Regional Park 580 Snail Lake Blvd.	400											
Turtle Lake County Park 4979 Hodgson Road	9											

WWW.SHOREVIEWMN.GOV





Program Registration Form

Shoreview Parks & Recreation Dept. | 4580 Victoria Street North | Shoreview, MN 55126
Phone: 651.490.4750 | Fax: 651.490.4797 | Web: www.shoreviewcommunitycenter.com

Please fill out the form below completely. An incomplete form may delay your registration. If you prefer, you may register online at: <https://registration.shoreviewmn.com> or scan the QR code with your smartphone.



LAST NAME (PRIMARY)	FIRST NAME (PRIMARY)	HOME PHONE (AREA CODE)
ADDRESS	CITY	ZIP
E-MAIL ADDRESS	CELL PHONE (AREA CODE)	
EMERGENCY CONTACT		

Participants Last Name/First	M/F	Birthdate	Activity Number	Activity Name	Activity Day/Time	Fee \$

Are you a Community Center Annual member? ☐ Yes ☐ No

Total Amount Enclosed \$

YOUTH SPORTS LEAGUES *(Please fill out completely)*

Special requests for teammates are NOT guaranteed and are limited to ONE REQUEST PER PLAYER. Group and/or chain requests will not be honored. The City encourages players to make new friends and develop social skills. If you sign up as a head coach, your child's registration will be reimbursed after the season is completed.

School child attends: _____

Grade (2012-2013 school year): _____

Child shirt size: Youth / Adult S M L XL

Teammate request name: _____

I would like to coach: Y N shirt size: S M L XL XXL

Coach Name: _____

PAYMENT TYPE

If paying by credit card, please circle type.

☐ Cash ☐ Check # _____ ☐ Credit Card



Checks Payable to "City of Shoreview"

Card # _____ Exp. Date _____

Signature _____

☐ Billing address is different from above (Please include billing address)

Special Needs/ Allergies/ Etc: _____

WAIVER FOR PARTICIPANT In consideration of your accepting my child's entry or my entry, I hereby, for myself, my child, my heirs, executors and administrators, waiver and release any and all rights and claims for damages I or my child may have against the City of Shoreview, the Parks and Recreation Department, or the school district and its representatives, successors and assigns for any and all injuries suffered by myself or my child at any activity sponsored by these groups. I do hereby allow the City of Shoreview to use any photographs taken by the city, of the individual(s) named herein, in city informational publications released to the general public.

Signature: _____ Date: _____

Your signature indicates you have read the registration information and understand all information relevant to your program choice.

REGISTRATION

Spring-Summer Registration Schedule

Registrations processed online are given immediate priority followed by in-person registration. Registrations received via mail, fax, or drop-off are processed as time permits.

Shoreview Resident Priority

Shoreview residents are given first priority in registering for Parks and Recreation programs.

Tuesday, March 13

On-line registration for residents begins at 8:00 a.m.

Friday, March 16

In person, mail, fax, and drop-off registration begins at 8:00 a.m.

Annual Community Center Member Registration

Friday, March 16

In-person, mail, fax, and drop-off registration begins at 8:00 a.m.

General Registration

Anyone may register at this time. No residency or membership required.

Tuesday, March 20

On-line registration begins at 8:00 a.m.

Friday, March 23

In-person, mail, fax, and drop-off registration begins at 8:00 a.m.

Register Early!

Space is limited in most activities.

Registration Information

1. Drop-off points include:

- a. The Parks and Recreation Reception Desk, Monday through Friday, 8:00 A.M. to 4:30 P.M.; and Tuesdays 8:00 A.M. to 7:00 P.M.
- b. The Shoreview Community Center Service Desk,
- c. The after-hours payment box, to left of front door of City Hall.

2. Occasionally, activities are filled. To help continue the immediate processing of your enrollment, please indicate a second choice. If your first choice is full, we will call or email you confirming enrollment in your second choice.
3. A resident is defined as an individual whose legal residential address is within the City of Shoreview.
4. Activity fees may not be pro-rated.
5. Make all checks payable to the City of Shoreview. Visa or MasterCard are accepted.
6. Registrations will be processed at the Parks and Recreation desk from 8 A.M. to 4:30 P.M. Participants are notified if classes are filled or canceled. If a class is canceled due to insufficient registration, a refund check will be mailed to you. Confirmations will be issued only by e-mail. You can view your class confirmation information on-line. On-line registrations receive a higher priority than registrations that are in-person, mailed, faxed, or dropped off.
7. The City of Shoreview supports participation by persons with disabilities. Please include information about any accommodations you need.
8. Refunds may be issued when requested 5 working days before the activity or class begins unless otherwise noted in the class description. A service charge of \$5 will be deducted from refunds for classes priced up to \$100. A service charge of \$10 will be deducted from refunds for classes priced over \$100.
9. Financial aid for qualifying residents with financial limitations is available.
10. Voice/TDD: 651-490-4750.
11. Periodically, the City of Shoreview will take pictures or videotapes of participants while they are engaged in programs, activities, or special events or while enjoying parks or other facilities. Please note that these photos may appear in city brochures and publications, local newspapers, on local cable television, and/or on the city web page. If you or your family members do not wish to be photographed or published, you must give written notice.

EASY 5 WAYS TO REGISTER

1. On-line at:
www.shoreviewcommunitycenter.com
2. Mail-in
3. Fax 651-490-4797 payment by credit card only
4. Drop-off
5. In-person



Scan with
Smartphone
to register.



14th Annual Shoreview Farmers' Market **2012**



Tuesdays

June 19 - October 2 3 - 7 p.m.
October 9 & 16 3 - 6 p.m.

The market is a weekly summer event that brings the community together featuring local fresh produce, handcrafted artisan items, live entertainment and activities for all ages and much more!

Special Events

June 19 *Minute with Mayor Martin*

Take a minute with Mayor Martin and be the first in line to receive a delicious treat! It's her way of thanking you for shopping our beautiful market.

July 3 *Red, White & Blueberries*

Cool the temps with a yummy treat compliments of your market and a special thanks to our military who will receive a special gift just by showing their military ID at the market manager's tent.

August 21 *Bike to Market*

Ride your bike to the market and stop by the market manager's tent for a FREE water bottle!

September 4 *Hot Stuff Salsa Contest*

Enter our popular salsa contest! Winners receive a bountiful basket stuffed with ingredients to make great salsa. Drop off your salsa at the market manager's tent by 4:00 p.m. on day of market. *Mark your salsa fruit/mild/medium/hot/fire. Judging will begin at 5:00 p.m. One entry per person in any category.*

October 16 *Farewell Fall Festival*

Farewell 'til 2013! Stop by the market manager's tent for a farewell treat!

Live entertainment at all special event dates!

Come visit us!

Shoreview Community Center
Lower Level Parking Lot
4580 Victoria Street North
www.shoreviewcommunitycenter.com

Fresh



City of Shoreview
4600 Victoria Street North
Shoreview, MN 55126

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Twin Cities, MN
Permit No. 5606



FREE!

2012 Concert in the Commons

Wednesdays @ 7 p.m.

June 13	Dan Perry & Ice Cream	Variety
June 20	Six Appeal	A Capella
June 27	Mick Sterling	Rock/Blues
July 11	Dee Miller	Blues
July 18	Forty Shades of Green *Featuring Rince na Chroi Dancers	Irish
July 25	Kurt Jorgensen Band	Original
Aug. 1	D'Boys	Country & Rock
Aug. 8	Jim Tones	Oldies
Aug. 15	R - Factor	Variety

2012 Friday Night Flix

Fridays @ Dusk - 8 p.m.



Aug. 10	The Muppets	PG
Aug. 24	Shrek Forever After	PG



Scan QR code
with your
Smartphone to
see more details
online!

Located at:
Haffeman Pavilion (Behind the Shoreview Community Center)

Join Us!

For more information on these free events, visit our website @ www.shoreviewcommunitycenter.com